

## Resource 1 (Activity 1)

# How Am I?

Read each statement below, and tick the box which most fits with what you think.  
Try not to analyse the statements too much; go with your first reaction.

	Very like me	Quite like me	Not really like me
I am able to accept change, even when I don't like it.			
I find it easy to love and be close to someone.			
I find it easy to receive love and allow someone to be close to me.			
I try to do my best.			
I allow myself to feel sad and to show it.			
I allow myself to feel angry and to show it.			
I'm okay about changing my mind about something.			
I allow myself to feel scared and to show it.			
I can accept and believe a compliment.			
I know what I like about myself.			
I can 'think before I act'.			
I generally trust other people not to let me down or hurt me.			
I'm generally interested in new things.			
I'm able to learn from my mistakes.			
I can accept advice and decide whether it would work for me or not.			
I can stick to what I think is right even when other people don't agree.			
I do things to keep my mind and body healthy.			
I know when I need help and I'm not afraid to ask for it.			
I can talk about my problems with someone.			
I allow myself to feel happy and to show it.			
I don't feel pressured to join in when I don't want to.			
I'm not scared to take a risk when necessary.			
I don't feel I have to pretend to be something that I'm not.			
I take personal responsibility for my own behaviour, and don't blame others for what I do.			

Look at the statements where you have chosen 'not really like me' or 'not like me at all'. Reflect on each statement using the following questions:

- How could this attitude or belief make life more difficult for you?
- What might be difficult about allowing yourself to change this?  
What risk would you have to take?