



I love my “problem zones”

1. Please stand in front of a mirror and write down everything that you DON'T like about yourself. (for example: “My hair is too thin.“ Or “my belly is too big“.) *Please write down everything that comes to your mind.*

2. Please read this list to yourself aloud. How do you feel hearing from yourself that your hair is too thin? Please note your feelings.

3. Please become aware of your judgements and written them down.

4. Which needs do you meet by judging yourself?

5. Which needs do you NOT meet by judging yourself?

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6. Please write down at least 10 strategies how you can meet the unmet and met needs at the same time.
