

PERFECT AS I AM WORKSHEET

1. Who is someone who makes me feel imperfect? What have they said that's causing me to feel this way?

2. Why do I think they have the power to cause this feeling?



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3. What do I say about myself that makes me feel imperfect?

4. What does my higher self say about those perceived imperfections?



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5. What do I believe about my mental health or addiction?

6. What am I saying to myself now about my future?



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7. What thought would my best friend give me that reflects my perfection, with all my flaws, just as I am right now?

8. What do I want to believe about my future?

