

THINK ABOUT IT

How Well Do You Know Yourself?

You can get to know yourself better by answering the following questions about how you handle frustration and self-doubts. Don't worry about answering the "right" way. Just answer honestly.

1. Do you have worries or doubts about yourself? Do you sometimes feel bad about yourself? YES NO

If you answered yes, who can you talk with about these feelings?

2. Do you worry that you seem to have a harder time doing some things than your friends or other kids you see? YES NO

3. Do you keep your worries secret? YES NO

4. Do you share your worries with someone you trust? YES NO

If you answered yes, who do you usually talk with about your worries?

5. Do you feel that you work super hard but still don't do as well as you want to? YES NO

6. Do you ever feel sad or angry because you think that you are not smart? YES NO

7. Do you ever worry that you might be stupid? YES NO

8. Do you ever feel super frustrated? YES NO

9. Can you usually figure out what is frustrating you? YES NO



How Well Do You Know Yourself? (continued)

If you answered yes, what are some examples of times or tasks that often lead to frustration for you?

10. Do you ever feel afraid that something is wrong with you? YES NO

If you answered yes, write down the name of at least one person you can talk with about these fears.

11. Do you ask for help for everything because you do not feel that you can handle things on your own? YES NO

12. Can you name at least one reason why you feel really confident and one reason why you doubt yourself? YES NO

If you answered yes, use this space to write down one reason why you feel confident and one reason why you have self-doubts.

13. Do you ask for help sometimes to understand work better? YES NO

If you answered no, what stops you from asking for help?

14. Do you like figuring out or learning some things by yourself? YES NO

15. Do you remind yourself that you have abilities and talents, even if some things are hard for you? YES NO