

Seeing How Others Value You

When you are feeling depressed you may only see the things you don't like about yourself, and you can easily forget that other people see your positive qualities. This worksheet can help you see how important you are to others.

Directions

1) List the people who love and value you.

Next to each of the following words write the name of the person who loves and values you.

Mother _____

Father _____

Sisters _____

Brothers _____

Aunts _____

Uncles _____

Boyfriend/Girlfriend _____

Grandfather _____

Grandmother _____

Cousins _____

Friends _____

Teachers _____

Coaches _____

Neighbors _____

Write the names of anyone else who loves and values you.

Other _____

Other _____

Other _____

2) Find out how others view you.

Talk to three of the people on your list. Ask why they love and value you. Write their answers here.

a) Who did you talk to? _____

What did he/she have to say? _____

b) Who did you talk to? _____

What did he/she have to say? _____

c) Who did you talk to? _____

What did he/she have to say? _____

