

Be Your Own Best Friend Worksheet

Being Your Own Worst Enemy	Being Your Own Best Friend
Feeling guilty.	Giving yourself a break and telling yourself to try again.
Telling yourself that you are no good, cannot do anything right, brought this on yourself, and will never change.	Reminding yourself that everybody makes mistakes, that it is never too late to make a change; telling yourself that you can do it.
Worrying about everyone else, so that you do not take care of yourself.	Reminding yourself that you have to take care of yourself if you are going to be there for your family.
Being fearful of facing the truth.	Seeking support from friends, family, and faith.
Seeking out people who are even worse off than you so that you can feel better, people who lead you to do unhealthy things like drinking too much alcohol, or people who make you think you cannot change.	Seeking out positive people who have energy and an upbeat attitude. Seeking out people like you who have successfully made changes.
Being angry at everyone, blaming others instead of making changes.	Focusing on behaviors you have control over. Taking positive actions instead of waiting for other people to change.
Thinking your changes are not good enough (for example, criticizing yourself for losing only 5 pounds when you want to lose 50).	“Patting yourself on the back” for making good changes, including small steps; giving yourself credit for problem-solving.
Feeling that you cannot look weak because everyone looks up to you and you would lose respect if you asked for help.	Sharing your fears and not always trying to be the “pillar of strength” for everyone else; realizing that people respect those who are self-confident enough to ask for help.
Feeling that standing up for yourself is selfish and that you will embarrass yourself or your family (for example, that you’ll insult the hostess if you make your need for healthful food known).	Asking for what you need (for example, help with getting physical activity, healthfully prepared food, or kind words instead of criticisms).

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Providing excuses for others' behavior. `	Not blaming yourself ("they're right, I deserve it"), but speaking directly; telling others to suggest ways that they can help instead of criticizing.
WRITE IN YOUR OWN EXAMPLES	