

Handout to Activity 5: The Value of Self

To know how positively you communicate with yourself, please assign frequency to the following statements which you are using to get through hard times.

	Never	Rarely	Sometimes	Often
Reflect on how you feel				
Feel good about yourself				
Use positive self-talk				
Manage your emotions				
Adapt to change				
Plan for the future				
Put your plan into action				
Communicate how you are feeling				
Reach of for support				
Feel hopeful				
Learn from your past				
Feel OK for making mistakes				
Remember your strengths				
Remind yourself of your self-worth				

Adapted from: https://www.scusd.edu/sites/main/files/file-attachments/the_queer_and_transgender_resilience_workbook_1.pdf