

Parent Self-Love Assessment

The level of your self-love affects every aspect of your life -- your family relationships, your career, how peaceful / joyful you feel, how your family members see you. Use this assessment to help understand your current level of self-love.

Never Sometimes Often

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | When I look in the mirror I love who I see |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I feel guilty if I take care of myself or do something for myself |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | When I go into a social situation I am able to relax and just be myself |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | When I make a mistake, I am able to be compassionate with myself and learn from the situation rather than beat myself up |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I am clear about my unique gifts and talents |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | My self-worth is based on how people feel about me |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have confidence I can achieve my deepest dreams |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I do whatever i can to avoid people getting angry and upset with me |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know that it is my job to define my own worth and lovability - it is no one else's job |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know my worth is internally based and not externally based (on performance or looks or kids acceptance) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I feel unconditionally loving toward myself throughout the day |

assessment: Global Association of Holistic Psychotherapy



PARENT COACH