

## Exercise 15 - The Self Perception Continuum – How do you value yourself?

<b>Totally Worthless</b>	<b>Totally Worthwhile</b>
0%	100%
Insulting	Respectful
Selfish	Kind
Lazy	Productive
Spiteful	Gracious
Cold	Warm
Taking	Giving
Biased	Fair
Cruel	Compassionate
Abusive	Supportive
Avoidant	Willing
Callous	Sensitive
Indifferent	Caring
Deceitful	Honest
Neglectful	Attentive
Hostile	Receptive