

The Self Perception Continuum – How do you value yourself?

Totally Worthless	Totally Worthwhile
0%	100%
Insulting	Respectful
Selfish	Kind
Lazy	Productive
Spiteful	Gracious
Cold	Warm
Taking	Giving
Unscrupulous	Fair
Cruel	Compassionate
Abusive	Supportive
Greedy	Generous
Callous	Sensitive
Cowardly	Courageous
Deceitful	Honest
Neglectful	Attentive
Hostile	Receptive