

Client Worksheet

FIND YOUR DOUBT LABELS



Circle all the names that you tend to call yourself when you are upset or under stress.

Unlikeable	Unlovable	Not good enough
Undesirable	Outcast	Hideous
Odd	Plain	Uninteresting
Unattractive	Boring	Quiet
Shy	Disgusting	Unworthy
Insignificant	Ugly	Weird
Uncool	Loner	Bad
Awkward	Don't measure up	Fat
Unwanted	Mediocre	Strange
Helpless	Weak	Incompetent
Incapable	Powerless	Failure
Average	Loser	Not good enough to succeed
Dumbass	Dumb	Lazy
Inferior	Stupid	Idiot
Fraud	Ineffective	Useless
Dud	Feeble	Vulnerable
Inept	Senseless	Special needs
Retarded	Unskilled	Worthless