

Comparison Exercise

Write three positive beliefs that you have about yourself

Write three negative beliefs that you have about yourself

For each positive and negative belief, recall when you compared yourself to someone else to reinforce those beliefs.

Positive Beliefs

Comparison

Negative Beliefs

Comparison

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.