

<p style="text-align: center;">Ask yourself these following questions Take your time and be honest</p>	<p style="text-align: center;">YES</p>	<p style="text-align: center;">NO</p>
I am a worthwhile person		
I am as valuable as a person as anyone else		
I have the qualities I need to live well		
When I look into my eyes in the mirror I have a pleasant feeling		
I don't feel like an overall failure		
I can laugh at myself		
I am happy to be me		
I like myself, even when others reject me		
I love and support myself, regardless of what happens		
I am generally satisfied with the way I am developing as a person		
I respect myself		
I'd rather be me than someone else		

