

Name – Negative Perception:

Describe a name you call yourself or a tendency that you seem to have to view a situation or an event in a particularly negative light

Author – Negative Support System:

Who was the first person to call you the name you have listed? Who in your life would have used or agreed with the name you have used or held the negative perception that you have?

Where's the Proof

Describe the evidence that they would have had for calling you that name or instilling in you the negative perception of yourself.

The Real Story

Examine the author's story and identify what experience/s in his/her life could influence the way that person sees you. You will be looking for harms or failures they may have endured or wrongs they might have perpetrated on others.