

Holding Back Self-Assessment

1. ___ I make note of what I don't get done more often than I pause to celebrate what I've accomplished.
2. ___ I'm more likely to notice or to comment on what's wrong in a relationship than I'm likely to compliment another person or express appreciation to the people I love or work with.
3. ___ I can't get through the day without feeling exhausted or getting irritated over something that happened.
4. ___ When I stand before a mirror, I automatically look at the parts of my body that bother me the most.
5. ___ More often than not while I'm working, I daydream about wanting to be someplace else.
6. ___ When I'm not working, I often feel restless or guilty about what I'm not getting done at work.
7. ___ I fantasize often about working someplace else or in another profession.
8. ___ I spend a lot of time feeling bored and have a "take it or leave it" attitude about some major aspect of my life (work, marriage, friendships).
9. ___ I spend so much time fantasizing about how things might be better or less stressful for me that I don't fully enjoy what's going on in my life *right now*.
10. ___ Most days I dread getting out of bed.
11. ___ Most days include doing things I hate doing.
12. ___ It seems that no matter what I achieve, I think I should have or could have done better.
13. ___ I pursue a goal as if there might be a scarcity of whatever it is I am after and that I'll get short-changed unless I compete relentlessly.
14. ___ When it comes to the people I love the most, I'm in the habit of thinking about ways I wish they would improve themselves or change.
15. ___ I don't often enough tell people who matter to me exactly what it is I cherish about them.
16. ___ I simmer in unsolved problems in my marriage or important relationship.
17. ___ I feel guilty about what is not getting done when I'm trying to have fun.
18. ___ I feel ashamed of my family background or carry emotional wounds as a result of the way I was raised.
19. ___ Un-soothed feelings from past hurts still haunt me.
20. ___ I often revisit memories of people who have hurt or disappointed me.
21. ___ I feel guilty for wanting more than I have.
22. ___ I often wish my life was more like someone else's who I admire.
23. ___ I've stopped learning new things that excite me.
24. ___ I'm growing more cynical and skeptical.