

## Self-inventory Worksheet

If you have a chronic illness, chances are you're sleep deprived, especially if you have a sleep disorder. Being sleepy weakens the mind, it's why it works when they torture information out of prisoners. It's also what makes it harder for us to deal with the judgement of others. My "cure" for this has been really getting to know myself. The goal of this worksheet is to help you get to know, and eventually fully accept, yourself – warts and all.

Wed, Oct 2<sup>nd</sup> I'll be releasing a video titled "What happens if I don't \*accept\* the judgment of others?" Doing this worksheet ahead of watching the video will get a little of your "groundwork" done ahead of time and may improve the video experience. I will also be releasing the text of the video on my blog at [www.goingbeyondcoping.com](http://www.goingbeyondcoping.com) at 3 PM PST, if you would rather read than watch.

Fill in the worksheet honestly. You're the only one who's going to see it. There's no one to judge you about it other than you, and I'll be covering *that* in the video too. Feel free to use the back or a different piece of paper if you need more room.

Things I do not like (want to change) about myself (do not include your illnesses)	Things I like about myself