

Differentiation of Self Worksheet

Name: Ava Simmons Age: 34 Date: 04/29/2024

Assessment of Self-Differentiation

1. Emotional Reactivity

Describe a recent situation where you felt emotionally reactive.

I got upset when my husband was criticized at his workplace; it felt like they were criticizing me too.

How do you typically respond to emotional stress?

I usually get very anxious and start defending my husband's views even when not needed.

Were you able to maintain your sense of self, or did you become overwhelmed by others' emotions?

I often become overwhelmed and find myself reacting more to how my husband feels than to my own emotions.

2. "I" Position

What are some beliefs or values that are important to you?

I value harmony and stability, but I realize I often just adopt my husband's beliefs or those popular in my social circle.

How do you maintain your individuality in relationships?

I struggle with this; I tend to mirror my husband, especially since he's an engineer, and I've started calling myself an 'engineer's wife'

Identify a belief or value that is important to you but might not be shared by your family or close friends. How do you maintain this belief in the face of opposition or lack of understanding?

I believe in environmental conservation, which my husband and friends find trivial. I try to advocate for it subtly by choosing sustainable products

3. Emotional Cutoff

Describe any relationships where you tend to withdraw or isolate yourself?

I distance myself from friends who confront me about my lack of individual opinions

What triggers your need to pull away from others?

Criticism or any confrontation about my identity triggers me to isolate myself from others.

4. Fusion with Others

Identify relationships where you feel your identity merges with someone else's.

With my husband, particularly regarding his profession and social opinions.

How does this fusion affect your decision-making or feelings?

It makes me doubt my own decisions unless they align with his; it's like I need his approval to feel confident.

Strategies for Improvement

What strategies can you use to enhance your differentiation?

I need to do activities just for myself and practice expressing my thoughts even when they differ from those around me

Envision your ideal self in terms of differentiation. What qualities or behaviors would you like to develop or strengthen?

I want to be more assertive in expressing my own beliefs and less dependent on my husband's identity.

Reflections on Growth

Reflect on how increasing your differentiation could improve your relationships and personal well-being.

Being more differentiated could help me feel more authentic in my relationships and reduce my anxiety over conflicts or differences.

Examiner's Additional Notes

Input any notes for the caretaker or other members of the care team here.

Ava shows awareness of her challenges with differentiation and is open to strategies that enhance her personal identity.

Healthcare Professional's Information

Name: Dr. Lisa Raymond

License Number: PSY1234567

Phone Number: 555 123 4567

Email: lraymond@mentalwellness.com

Name of Practice: Thrive Mental Health Services