

Differentiation of Self Worksheet

Name: _____ Age: _____ Date: _____

Assessment of Self-Differentiation

1. Emotional Reactivity

Describe a recent situation where you felt emotionally reactive.

How do you typically respond to emotional stress?

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

2. "I" Position

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

How do you maintain your individuality in relationships?

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?

3. Emotional Cutoff

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

What triggers your need to pull away from others?

4. Fusion with Others

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

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

Strategies for Improvement

What strategies can you use to enhance your differentiation?

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

Reflections on Growth

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

Examiner's Additional Notes

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

Healthcare Professional's Information

Name:

License Number:

Phone Number:

Email:

Name of Practice: