

Self Love Worksheet

Patient Information	
Name Jonathan Field	Date Dec 6, 2023
Self-Reflection	
My Strengths My persistence, I guess. Maybe I'm stubborn? Not sure if that's a strength...	
My Achievements I.. don't have many of these... I keep my job? I stay alive for my wife and dogs. That's the bare minimum, I guess... Sorry.	
Things I Like About Myself Not much lately. I used to like my sense of humor. I think I'm a good person, I try to be... I think I'm polite and considerate.	
Gratitude and Appreciation	
People I Am Grateful For My wife, for not giving up on me yet.. My dogs, sometimes they're the only reason I get up. My few remaining friends, they listen and we have a laugh sometimes My therapist, for trying to help	
Things That Make Me Happy Sometimes, my mind goes quiet when I'm playing video games or when I'm driving. I also like being with my dogs.	
My Support System Mainly my wife, therapist, my dogs.. a couple of friends, about two or three. Used to have many, they're mostly distant now. Not much contact with family.	

Self-Care Practices

Physical Self-Care

Well, I always walk with my dogs. That kinda helps.
I'll try maybe tagging along to the gym, my wife goes.

Emotional Self-Care

Therapy sessions, though it's hard. I talk to my friends sometimes, it helps that we can laugh about the struggles. I think they need help too, but we all just laugh about it.

Spiritual Self-Care

Not sure what helps yet. I'm just disillusioned with the whole thing.

Challenges and Growth

Challenges I Have Overcome

Just getting through each day feels like a challenge. I guess that means I've overcome a lot. Nice thought, there..

Areas for Growth

Trying to hate myself less, to find some hope. Maybe get a bit more fit, so I can play with my dogs more.

Affirmations for Growth

Hard to believe anything positive, but maybe, "I'm trying my best." I swear, I really am.

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Action Plan for Self-Love**Daily Self-Love Actions**

I'll fix up my bed. I'll take care of all basic needs. I'll clean up my messes. I'll take a minute to look out into my yard and think nice thoughts.

Long-Term Self-Love Goals

To not feel like a burden, to find something to enjoy in life again.

Additional Reflections

It's hard to see any light most days. I'm just tired, but I promised to try

Notes from Your Counselor

Jonathan, recognizing these feelings and still choosing to engage in this work is a brave step. Your efforts, even the smallest ones, are significant. Let's focus on one small positive action each day. You're not alone in this journey.