

Measuring Up

This is one way to take a look at what measuring units you are using to measure your worth and lovability with. When you answer these questions, it is important to keep judgement at bay. Just recognizing the thoughts that are behind some of these feelings is an important step toward feeling exactly how you want to regardless of circumstances, “failures”, and the worthiness placed on us from culture and ourselves. Shame is a mechanism used by the brain to keep you from working harder than it feels is necessary. Striving to become aware of the thoughts you are having is challenging work, but you can acknowledge and thank your brain for helping to keep you safe and let it know you are going to move forward now. It’s okay.

What do you think you need to do for others and yourself in order to feel these following emotions?

In order to feel....what do I need to do?

Example: In order to feel noticed by my parent, I need to succeed at a high level. In order to feel valuable I need to continue to beat previous records.

Loved:

Noticed:

Important:

Valued:

Irreplaceable:

Admired:

Secure:

This is an exercise in self-awareness. Examine your answers with curiosity, as if you have just dumped out your purse and are simply looking through the items. As you become aware of how you are operating, you can begin to change anything that does not serve you well. You can become aware of what you are expecting others to give you in order to feel a certain way. Now that you are aware, you can begin learning how to provide those for yourself.

What can you do for yourself to feel those emotions?

What do you need to think?

What do you need to do?

If you believed that you are truly valuable and loveable now, how would you act? What would you think? What would you feel? What would the result be?