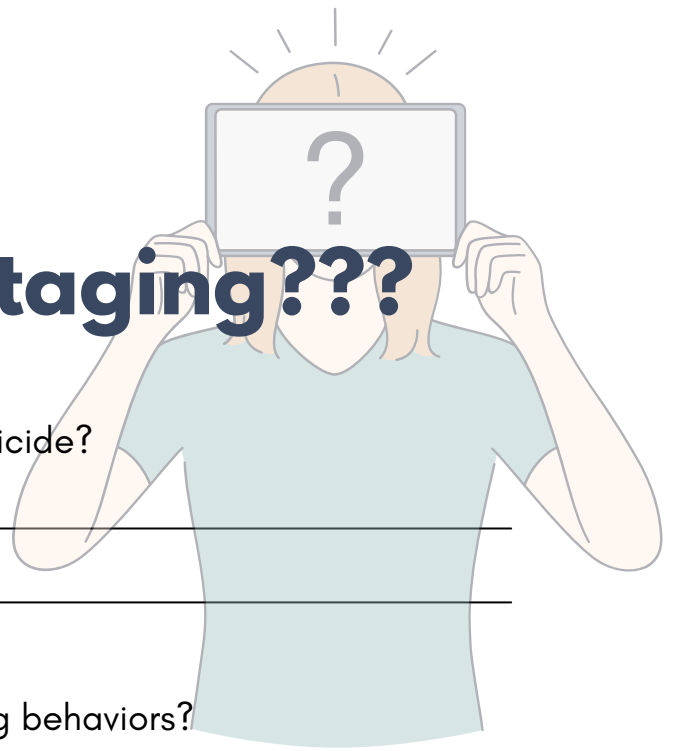


Am I Self-Sabotaging???



Have you ever thought of or attempted suicide?

Have you ever engaged in life-threatening behaviors?

Have you ever put yourself in dangerous situations?

Have you ever purposely harmed your body?

Have you ever felt like you were your own worst enemy?

Do you have frequent accidents involving bodily injury?

Am I Self-Sabotaging???

Cont.

Do you pick the wrong kinds of people as friends or lovers?

Do you undermine yourself at work?

Do you often lose things such as money, credit cards or other valuables?

Do you make decisions without thinking them out?

If you answered "Yes" to any of the questions above you may be self-sabotaging. Please show your counselor this completed worksheet so that they can help you with a plan to stop self-sabatoging in your life.