

Chat with peers who relate to your struggle, 24/7, at www.supportiv.com

Start Seeing Your "Weird" Qualities As "Unique"

In this worksheet, you'll briefly engage with negative feelings about yourself, in order to uncover a positive perspective you just didn't notice before.

"Weird" thing about myself	What's unique about this?	How can I use this unique quality? How might others appreciate it? Or, how might it add something special to the world?

Find more worksheets and articles, plus chat, 24/7 at www.supportiv.com