

Developing Insight into Self-Concept

by David Baxter, PhD

The way my mother talks/talked to me:

She makes/made me feel:

The way my father talks/talked to me:

He makes/made me feel:

In my family, I am/was the one who:

Today, people perceive me as the one who:

Previously, I really felt loved when:

Presently, I feel loved when:

I would like to communicate differently in this way:

I worry that people perceive me as:

I would like people to see me as I really am. That is, I would like them to see: