



Dr. K's Guide to Mental Health

Depression Module | Conditional Love | Worksheet

Exercise: Were you taught growing up that your worth as a human being depended on your performance? Write one page about a time in your life that you were taught that this lesson.

Map out the feelings you felt at every sentence.



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Exercise: Do you have intrinsic value? What is your relationship with self-worth now? What is your worth dependent on?

Map out the feelings you feel today.



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Compare the feelings of the past to the feelings of the present.

What have you learned about yourself through this exercise?