



# TALKING POINTS



## Ep.13: It's Healthy to Talk About the Hard to Talk About

I invite you to take a look at how much you value, respect, and feel confident about yourself. Mark the following statements as either true or false:

- | T                        | F                        |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | I regularly participate in activities that make me feel good about myself.      |
| <input type="checkbox"/> | <input type="checkbox"/> | I believe it is healthy to ask for help to heal emotional wounds.               |
| <input type="checkbox"/> | <input type="checkbox"/> | I am comfortable honestly sharing my thoughts and feelings.                     |
| <input type="checkbox"/> | <input type="checkbox"/> | When asked how I am doing, I always say, "fine," even when I am not okay.       |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't deserve to be happy.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I was taught "children are to be seen and not heard."                           |
| <input type="checkbox"/> | <input type="checkbox"/> | I am uncomfortable when someone shares emotionally difficult things with me.    |
| <input type="checkbox"/> | <input type="checkbox"/> | I have difficulty communicating in a relationship.                              |
| <input type="checkbox"/> | <input type="checkbox"/> | There were many "unmentionables" – things we never talked about – in my family. |
| <input type="checkbox"/> | <input type="checkbox"/> | I work to create positive habits that make me feel good about myself.           |
| <input type="checkbox"/> | <input type="checkbox"/> | I tend to be reactive, acting immediately and without conscious thought.        |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel worthy of loving and being loved.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I was taught to hide my emotions or to invalidate them.                         |
| <input type="checkbox"/> | <input type="checkbox"/> | I am confident when making decisions in a relationship.                         |
| <input type="checkbox"/> | <input type="checkbox"/> | I exercise regularly and take good care of my body.                             |
| <input type="checkbox"/> | <input type="checkbox"/> | I easily identify what I am feeling.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I know my emotional triggers.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I don't feel that I am an okay person.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I value the approval of other people more than I value myself.                  |
| <input type="checkbox"/> | <input type="checkbox"/> | I fear being abandoned.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel responsible for the actions of others.                                   |
| <input type="checkbox"/> | <input type="checkbox"/> | I am thoughtful and consider the long- and short-term outcomes of my actions.   |
| <input type="checkbox"/> | <input type="checkbox"/> | I surround myself with people who encourage me.                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | I feel comfortable in my body.  |
| <input type="checkbox"/> | <input type="checkbox"/> | I work to transform painful experiences from the past into positive lessons.    |
| <input type="checkbox"/> | <input type="checkbox"/> | I work to behave in ways that align with my core values.                        |
| <input type="checkbox"/> | <input type="checkbox"/> | I know what I am thinking and why I am thinking it.                             |
| <input type="checkbox"/> | <input type="checkbox"/> | I am comfortable setting and maintaining healthy boundaries.                    |
| <input type="checkbox"/> | <input type="checkbox"/> | I am reluctant to ask for help for fear of being a burden or seen as needy.     |
| <input type="checkbox"/> | <input type="checkbox"/> | I often fall victim to other people's opinions.                                 |

Describe how asking for help is a sign of your humanity.

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