

The Big Cover-Up

Use the worksheet below to complete the exercise, The Big Cover-Up. Cut out the labels and thoughts along individually along the dotted lines to complete this exercise.

Write down all of the labels and judgments you believe about yourself, whether positive or negative:

CUT ON DOTTED LINE 

Write down all of the thoughts about what you deserve:

CUT ON DOTTED LINE 

Write down self-blaming statements (all of the things you should or should not be thinking, saying or doing)

CUT ON DOTTED LINE 
