**DISCOVERING WHO YOU ARE**

Your emotions can have an influence on how you feel about yourself. Listed below are a number of feelings which people frequently have. Think of how you react when you have the feelings. How do these feelings influence your self-concept? If the emotion helps you feel good about yourself, place a check in the column “Positive Self-Concept”. If the emotion causes you to feel badly about yourself, check in the column labelled “Negative Self-Concept”.

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| **FEELING** | **POSITIVE SELF-CONCEPT** | **NEGATIVE SELF-CONCEPT** |
| Acceptance |  |  |
| Anger |  |  |
| Anxiety |  |  |
| Competence |  |  |
| Distress |  |  |
| Fear |  |  |
| Frustration |  |  |
| Hate |  |  |
| Incompetence |  |  |
| Jealousy |  |  |
| Joy |  |  |
| Love |  |  |
| Pleasure |  |  |

1. Look back over the chart at those feelings which led to a positive self-concept. List three situations where you have felt at least one of these emotions.

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2. Suggest some ways in which you could work to increase the feelings that help you have a positive self-concept.

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3. Look back over the chart at those feelings which led to a negative self-concept. List three situations where you have felt these emotions.

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4. What could you do to decrease the feelings which cause you to have a negative self-concept?

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