

# WHO AM I?

As we grow and change, the question “Who am I?” can feel confusing, overwhelming, or even frustrating. But it’s also one of the most important questions we can ask ourselves.

This activity is designed to help you explore the way you see yourself—your strengths, your struggles, your values, and your inner thoughts. Some of the statements might feel easy to finish. Others might feel harder, or bring up mixed feelings. That’s okay. There are no right or wrong answers here—just your truth in this moment.

You might even notice that some of your answers seem to contradict each other. That’s normal. People are complex, and you’re allowed to hold more than one feeling or belief at a time.

After you complete this section, we’ll look more closely at a few of your answers. Some might reflect how you truly feel. Others might be shaped by past experiences, fear, or negative self-talk. Together, we’ll work on understanding where your beliefs come from—and gently challenging the ones that might be holding you back.

Take your time. Be honest. You don’t have to impress anyone here.

Complete as many of the following sentences as you can. There are no wrong answers. Be honest, even if some answers seem to contradict each other.

I am someone who...

I often feel...

People usually think I'm...

I wish people knew that I'm...

When I'm alone, I often...

I'm good at...

I'm not very good at...

I used to be...

I want to be...

Deep down, I'm afraid that I...

I usually try to hide...

If I could change one thing about myself, it would be...

I'm proud of...

I feel embarrassed when...

I've always believed that I'm...

I've been told that I'm...

I hope I never become...

I feel most like myself when...

I feel least like myself when...

I feel loved when...

I feel rejected when...

I admire people who...

I avoid situations where...

I don't like it when people assume that I...

Sometimes I pretend to be...

The hardest thing about being me is...

The best thing about being me is...

One thing I've never said out loud is...

A part of me that people don't usually see is...

If I'm being completely honest, I...

### Highlight Statements That Stand Out

Choose five statements that stand out to you. These might be statements that feel especially true or emotional. These also might

be statements that feel confusing or uncomfortable. You might also choose statements that you'd like to understand better. Reflect on each statement using the questions below.

*Where do I think this belief came from?*

*Is this always true—or just true sometimes?*

*Would someone who really knows and cares about me agree with this?*

*If a younger version of me said this out loud, what would I want them to know?*

## Spot Cognitive Distortions

Sometimes the way we see ourselves is shaped by automatic thoughts—quick beliefs that pop up without us even realizing it. But not all thoughts are 100% true. Some are distorted in ways that make us feel worse about ourselves or the world around us.

These are called cognitive distortions—common patterns of thinking that can trick us into believing something is worse or more extreme than it really is.

## Common Cognitive Distortions

Check this list and see if any of your chosen statements from Part 2 fall into one or more of these patterns:

**All-or-Nothing Thinking** – Seeing things as all good or all bad.

Example: “If I don’t get perfect grades, I’m a failure.”

**Overgeneralization** – Taking one bad experience and assuming it applies to everything.

Example: “I messed up once, so I’ll always mess up.”

**Labeling** – Defining yourself with one word or identity.

Example: “I’m lazy.”

**Mind Reading** – Assuming you know what others think.

Example: “People think I’m annoying.”

**Fortune Telling** – Predicting the future as if it’s already decided.

Example: “I’ll never be successful.”

**Emotional Reasoning** – Believing something is true just because it feels true.

Example: “I feel worthless, so I must be.”

### Your Turn

Review the statements you wrote earlier. Ask yourself:

*Does this thought fit into one of the distortions above? If so, which one?*

*Is there another way to look at this thought—something more fair or balanced?*

### Wrapping Up

You’ve just taken an important step in exploring how you see yourself—and how some of your thoughts might be shaped by past experiences, fear, or negative thinking patterns. Identity isn’t something you have to figure out all at once. It’s something you build over time, through honesty, reflection, and self-compassion. The more you understand your thoughts, the more power you have to shape them—and to shape the person you’re becoming. Keep being curious. Keep challenging the thoughts that hold you back. And most importantly, keep showing up for yourself.