**Understanding Me**

**These sheets can help you work out what is important for you, the things you are struggling with, and the things that can make things better for you**

**What do people like and admire about me?**

**What do I like to do?**

**Who is important to me?**

**Things that have happened to me**

**Things I have been struggling with** (Difficult thoughts, feelings, things I have stopped doing)

**Important things that I want to be doing more of**

**What helps me** (things I can do to help myself, things other people can do that help me)

**What can make things worse for me** (Things I have done to cope, situations that are difficult for me)