



Getting to know yourself can be helpful during your stay in hospital. Here are some ideas that might help you increase your self-awareness.

	Always	Usually	Sometimes	Rarely	Never
I am a happy person.	_____	_____	_____	_____	_____
I like myself.	_____	_____	_____	_____	_____
I am a good person.	_____	_____	_____	_____	_____
I can take care of myself.	_____	_____	_____	_____	_____
I am a calm person.	_____	_____	_____	_____	_____
I think I am different from other people.	_____	_____	_____	_____	_____
I cannot do anything right.	_____	_____	_____	_____	_____
I do not think I know what feelings are.	_____	_____	_____	_____	_____
I cry.	_____	_____	_____	_____	_____
I am angry.	_____	_____	_____	_____	_____
I hate myself.	_____	_____	_____	_____	_____
I use street drugs.	_____	_____	_____	_____	_____
I drink alcohol.	_____	_____	_____	_____	_____
I overeat.	_____	_____	_____	_____	_____
I do not eat enough.	_____	_____	_____	_____	_____
I hurt myself on purpose.	_____	_____	_____	_____	_____
I am depressed.	_____	_____	_____	_____	_____
I want to die.	_____	_____	_____	_____	_____
I want to kill myself.	_____	_____	_____	_____	_____
I think people would not like me if they really knew me.	_____	_____	_____	_____	_____
I think if I let myself go, my feelings would be out of control.	_____	_____	_____	_____	_____

When I look at my responses, I think _____

Discuss this exercise with staff to help you identify how you feel about your self-awareness.

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