WORKSHEET My Weakest Way

Tick each statement that sounds like you most of the time. Then count the ticks for each way. The way with the most ticks is your weakest way right now.

Way 1, talk to her kindly:
☐ I call myself names when I make a mistake.
☐ I say things to myself I'd never say to a friend.

Way 2, stop making her earn it:
☐ I feel worthwhile only on days I get a lot done.
☐ I can't relax until everything on my list is finished.

Way 3, protect her:
☐ I say yes when I want to say no.
☐ I let people take more of my time than I want to give.

Way 4, take care of her:
☐ I skip meals, sleep or appointments when I'm busy.
☐ I keep going long after I'm exhausted.

Way 5, back her:
☐ I break promises I make to myself.
☐ I ask several people before I make a decision.

Way 6, forgive her:
☐ I replay my mistakes for days.
☐ I'm still hard on myself about things that happened years ago.

My weakest way right now is: _____

One moment this week when I'll use the Her Test for it: _____

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