How do you think about yourself, feel about yourself, or judge yourself in relation to your achievements or strivings? Do you feel bad about yourself as a person if you do not strive or achieve?

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| --- | --- |
| What are some of your high standards? What are some things you demand of yourself? | What sort of rules do you have to help you achieve your high standards? |
|  |  |

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| --- | --- |
| How do you react to your perceived failures? What are some examples of the things you say to yourself?  | After a perceived success, what are some examples of the things you say to yourself? How long does the feeling last? Do you find ways to discount your success? |
|  |  |

How do you behave following an attempt to reach your standards? Do you try harder? Work more intensely? Procrastinate? Avoid certain people or situations which remind of you of your attempt? What do these behaviours do to your ability to succeed next time?

*Now have a go at putting your answers into a diagram. Start by drawing connections between your answers that you believe are connected or feed into each other. Refer to the video on how to draw a maintenance cycle for more support.*

Once you've drawn your diagram, take a moment to think about what it's telling you. Does it make sense to you? Does it provide you with any new information that you didn't know beforehand?

Include any initial thoughts you have here

What emotions do you notice when looking at your diagram?