

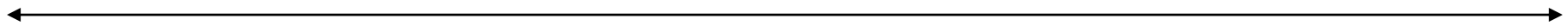
The Self Perception Continuum

This is a great tool to help you view yourself in a more realistic way.

How do you value yourself?

Totally worthless

Totally worthwhile



0%

100%

Arrogant

Humble

Cruel

Empathetic

Dishonest

Honest

Disloyal

Loyal

Resentful

Forgiving

Selfish

Helpful

Disrespectful

Respectful

Greedy

Generous

Ungrateful

Appreciative

Unreliable

Reliable

Vindictive

Compassionate

Hostile

Friendly

Irresponsible

Responsible

Abusive

Caring

Callous

Genuine

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