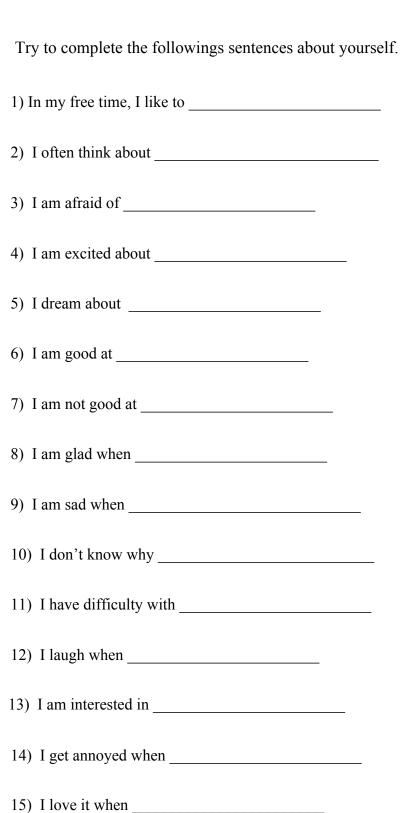
Expressing Yourself





Examples

1) In my free time, I like to read, watch movies, and spend time with my family and friends.

2) I often think about what I want to do with my life, what my purpose is, and what I can do to make a difference.

3) I am afraid of spiders, heights, and public speaking.

4) I am excited about going on vacation, starting a new project, and learning new things.

5) I dream about traveling the world, owning my own business, and making a difference in the world.

6) I am good at writing, problem solving, and helping others.

7) I am not good at math, public speaking, and being patient.

8) I am glad when I am able to help others, when I am able to accomplish something, and when I am able to spend time with my loved ones.

9) I am sad when I am alone, when I am sick, and when something bad happens to someone I care about.

10) I don't know why people are mean, why bad things happen to good people, and why life is so difficult sometimes.

11) I have difficulty with trusting people, being open with my feelings, and being assertive.

12) I laugh when something is funny, when I am relieved, and when I am happy.

13) I am interested in learning new things, helping others, and spending time with my family and friends.

14) I get annoyed when people are rude, when I am waiting for something, and when I am bored.

15) I love it when I am able to help others, when I am able to accomplish something, and when I am able to spend time with my loved ones.