



## Self-Discovery Worksheet

### *Lesson One*

### “People Will Judge Me”

#### **Every worry that people think you’re being salesy?**

Using the SUD Scale (0-10), indicate your level of distress when saying the statements below:

“They’ll judge me before I even share.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“They won’t think it’s true and won’t believe me.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“I’m afraid if I talk to friends or family that will drive them away.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“I have more discomfort with family than strangers.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_

“I may not be able to convey the true value.”

SUDs \_\_\_\_\_ SUDs \_\_\_\_\_ SUDs \_\_\_\_\_