



Self-Discovery Worksheet

Lesson Three

“They Will Think I Am Greedy”

Where do you actually feel the fear in your body when you say the phrase,
“They will think I am greedy and don’t care about them?”

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

“They’ll think I’m Greedy.”

SUDs _____ SUDs _____ SUDs _____

“They’ll think I don’t really care about them.”

SUDs _____ SUDs _____ SUDs _____