



Self-Discovery Worksheet

Lesson Four

“I’m Not Worth It. People Won’t Pay.”

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

“I’m not worth it.”

SUDs _____ SUDs _____ SUDs _____

“Why would they pay me?”

SUDs _____ SUDs _____ SUDs _____

“Why would they want to pay that much money?”

SUDs _____ SUDs _____ SUDs _____

“Maybe it’s too much money for them?”

SUDs _____ SUDs _____ SUDs _____