Self Perception

This exercise enables individuals to understand how they see themselves.

Choose 5 words which accurately describes how you think you behave and 5 words which do not.

Accepting	Dignified	Helpful	Loyal	Righteous
Afraid	Diplomatic	Helpless	Mean	Scientific
Aggressive	Directive	Hopeful	Misunderstood	Sentimental
Anxious	Effective	Hurt	Naughty	Sharp
Arrogant	Eloquent	In denial	Normal	Soulful
Benevolent	Emotional	Individualistic	Outrageous	Strong
Bigoted	Empathetic	Intelligent	Paternal	Supportive
Bland	Energising	Intuitive	Patient	Tease
Brave	Entertaining	Irritating	Persuasive	Understanding
Clueless	Fierce	Invisible	Philosophical	Unemotional
Confident	Focused	Judgmental	Poor	Unflappable
Conservative	Forthright	Knowing	Powerful	Up-tight
Controlling	Friendly	Knowledgeable	Proper	Vulnerable
Creative	Glib	Leader	Protective	Wilful
Determined	Gregarious	Logical	Proud	Worldly
Difficult	Happy	Loving	Puzzled	Worthy