

# Conditions of worth

Consider each parent, siblings, grandparents, aunts and uncles, friends, child care, school anyone significant in the childhood period

As a child I was  
praised for

As a child I was  
punished for



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Consider home and school settings as well as friendship groups and clubs. It is also possible to consider the effects of media and wider sources.

As a teenager I learnt  
that popular or desirable  
people were

As a teenager I felt  
rejected/left out/not  
good enough because I  
was

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Considering romantic relationships however brief or serious can help us to understand how this has informed our views

In romantic relationships  
I learnt I got positive  
response when I

In romantic relationships  
I learnt I got a negative  
response when I



I was taught that a valuable person	<b>I believe this is a healthy view Y/N</b>	Rewrite or reject