

## A small self survey...

**RULES:** Ask yourself the question. DO NOT answer. Listen to yourself for 1 minute (yes, get out a timer). Once the timer goes off, write down what you noticed while you were listening to yourself. Ask yourself the next question.

*You're going to want to give yourself the right answers. Instead, listen to yourself. If you find that's too intense... just go ahead and skip the questions altogether and assume you've got an issue in this area. :)*

- Am I practicing true self care?
- Am I living with healthy vulnerability?
- Am I being truly honest with others?
- Do I feel like relationships are a game of chess played ten steps ahead on the board?
- Am I noticing a pattern that keeps recurring despite what I've tried to change it?
- Is my trauma something that's contributed to who I am today or is it my identity?
- Who am I without my trauma?
- Do I trust myself?

**Now, figure out how you feel about your answers.** If you liked what you found, that's a good sign! If not, it's time to do something about it. Luckily, there are so many paths to reach wherever your destination is! If you're wanting to look further into this issue for yourself, for your workplace or agency, or professionally... seek out some help!

If you'd like that help to come from me, here are some ways to get in touch with me.

[somethingdifferentcounseling.com](http://somethingdifferentcounseling.com)

Jaci Bazzle LPC, NCC  
Something Different Counseling LLC  
Call, Text, Fax: 208-277-9703  
[jaci@somethingdifferentcounseling.com](mailto:jaci@somethingdifferentcounseling.com)