

Looking at ourselves

List all the different situations which form a part of your life, eg. work, family, church, sport, etc.

Next to each part, write how you would like to appear in each situation and then what you don't want to be seen as.

For example:

Situation	Like to be seen as	Don't like to be seen as
work	capable, efficient	unfulfilled, sad
friends	warm, easy going	lonely, unsure
church	Faithful, spiritual	Struggling
with parents	Needing their support	Causing difficulty
etc		

Here are some more examples of how we like to appear to others: wise, funny, successful, impressive, coping, having answers, cheerful, happy, open, honest, friendly, easy to get along with, interesting, knowing where we are going in life, etc.

How we do not like to appear to others: confused, slow, simple, bored, poor, childish, frightened, unsure, insecure; also the opposites of all the above.

Draw up as clear a list as you can; it will become very useful in your reflections. You can keep adding to the list as you go along.

This prayer can be used to finish:

Lord, I do not know myself, but you know me. I wonder at how deeply you know me. How can you love me? Yet you do love me. Thank you! Thank you for accepting me, understanding me, forgiving me. Whatever I am worth to you, I AM YOURS. Amen



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