

• AT WHAT POINT DID I LOSE MY SELF-RESPECT?

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• WHEN DID I DISCOVER I COULD NO LONGER TRUST MYSELF?

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• WHEN WAS IT THAT I DECIDED MY VALUES, MY NEEDS, AND MY WANTS WERE NO LONGER SOMETHING I VALUED OR SOMETHING I DESERVED OR FELT HAPPY ABOUT?

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- WHEN DID I START BELIEVING THAT *ME* APPRECIATING *MYSELF* WAS A *BAD* THING?

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- WHAT WAY DID I DECIDE TO BE *BEFORE* THINGS WENT WRONG?

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- WHAT QUALITIES IN MYSELF DID I FEEL GOOD ABOUT AND RESPECT *NO MATTER WHAT OTHERS THOUGHT?*

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• WHAT DID I ONCE *BELIEVE IN* ABOUT MYSELF?

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• WHAT DID I ONCE *APPRECIATE* ABOUT MYSELF?

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• WHAT ACCOMPLISHMENTS OF MINE WAS I ONCE *PROUD OF*?

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- WHEN WAS THE LAST TIME I *FELT GOOD ABOUT SOMETHING I DID?*

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- WHO HAD I DECIDED TO BE *BEFORE* THINGS WENT WRONG?

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- WHEN WAS THE LAST TIME I FELT *CONFIDENT ABOUT WHO I AM?*

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• AT WHAT POINT DID I NO LONGER *VALUE* MYSELF?

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• WHEN WAS THE LAST TIME I FELT *TRULY CONFIDENT* IN MY ABILITIES?

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• AT WHAT POINT DID I START TO *DOUBT* MYSELF?

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