

Goal

This tool aims to help you differentiate between rating the self and rating behavior with regards to past mistakes and regrettable actions.

Instructions

We all make mistakes, and we all do things that we are not proud of from time to time. However, the way in which people evaluate their mistakes or regrettable actions can differ. While some people may see such actions as proof of being a "flawed" or "unworthy" human being, others may see them as inevitable occurrences that are merely a part of being human.

In this exercise, you will explore these two ways of evaluating mistakes or regrettable actions.

Step 1: Identify past mistakes

Make a list of 5-10 things in your past that you are not proud of or that you wish you did differently. For example, you may have forgotten a close friend's birthday, or said something unkind to someone, or became overly angry at some driver, or made a mistake, or treated someone unfairly. List each of these past regrets in the first column in the table below.

Step 2: Evaluate yourself as a person

For each of the actions listed in the first column, evaluate yourself as a person for making the mistake. What personal characteristics could explain the mistake? Write down this global evaluation of yourself in the second column.

Step 3: Evaluate your behavior

Now, in the third column, evaluate your behavior with regards to the mistake. What actions or behaviors could explain the mistake?

Past mistake or regrettable action	Evaluation of the self	Evaluation of behavior
I forgot my friend's birthday.	l am a lousy friend; l am careless.	Forgetting the birthday was not very thoughtful of me.



Step 4: Reflection

How was it to do this exercise?

Do you feel differently about yourself when you consider your responses in the second column versus

the third column? If so, how?

Which responses (second or third column) are more motivating in terms of improving yourself to do

better next time?

■ Going forward, will you aim to evaluate yourself or your behavior with regards to mistakes or regrettable

behaviour? Why