

## Knowing Yourself Better Questionnaire

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This printable self assessment was designed to help you take an honest and objective look at your own personality traits, both positive and negative. There are no right and wrong answers, just try to be as honest as possible. The question and answer process may help you to:

- Understand your behaviors and subconscious motivations.
- Accept and work with negative personality traits and emotions.
- Change problematic patterns of behavior by addressing the root causes.
- Develop a greater acceptance and appreciation for yourself as a person.

### Questions:

1. What traits do I dislike in others? Do my own behaviors ever reflect any of these traits? To what level have I acknowledged or accepted responsibility for my own negative traits?
  
2. What have I done in my life that I am most ashamed of? What internal forces within own psyche may have led me to do this? What can I learn about myself from this experience?
  
3. What are my strengths? What are my weaknesses? What about my personal history might account for the strengths and weaknesses that I have?
  
4. Do I have any feelings of guilt or shame that I may be holding inside? If I feel guilty about past actions, is there any way I can atone for them now? Can I take responsibility to for my actions and learn to forgive myself?

5. Is it hard for me to be happy for others, or do I sometimes feel jealous? If so, what inadequacies do I have which might lead to these feelings? What can I learn about myself from the successes of others?

6. Was there a time when I lost my temper, got stressed out, or snapped at anyone? What internal and external factors led to this behavior? What can I do to prevent a similar situation in the future?

7. How often do I feel a sense gratitude? How can I learn to be more appreciative of what is going right in my life? What do I most like about myself?

8. What are my deepest fears? Are these fears actually rational? What can these particular fears teach me about myself?

9. Can I learn about my own vulnerabilities by examining the mistakes and failings of others? What can I do to avoid making similar mistakes myself?

10. What sexual fantasies or fetishes do I have? I am ashamed of any of them? If yes, what about myself causes me to like or do anything sexually that I may feel ashamed of later on?

11. What do I most dislike about myself and why? Can I openly accept my negative qualities and choose to grow from them?

12. In what ways am I susceptible to flattery? Does this reflect any insecurity that I have may have about my abilities, looks, or level of material success?

13. To what extent are my problems self created? Which of my feelings or actions have helped to create problems for me?

14. What mistakes have I made in my life? What can my past mistakes teach me about myself?

15. Do I tend to be overly critical of myself, my mistakes and my failures? Can I lean to be more accepting of myself in spite of these?

16. Do I tend to sabotage my own happiness in any way? Is there any part of me that thrives off of drama, conflict or sadness?

17. What qualities or personality traits do I have that I wish to minimize or hide from the world? Why do I feel the need to hide them?

18. Do I have any insecurity about my abilities, looks or level of material success? Are these feelings rational? If yes, what can I do to improve myself? Can I accept insecurities and learn to have more compassion for myself?

19. Have I ever lied to myself about my own negative qualities or poor conduct? What about myself am I most afraid to face? Why?

20. What problems do I find repeating over and over again in my life? How can I take responsibility for these problems? What can I do to get to the bottom of the pattern and change it?

21. Do I feel confusion about any contradictions within myself? How can I learn to bring my rational thoughts and values into harmony with my emotions and actions?