

## How can worksheets help?

Worksheets are a great starting point for self-exploration, especially if you're considering therapy or want to better understand yourself. **They provide a structured way to reflect on your thoughts, feelings, and behaviours, helping you identify patterns and areas for growth.**

By writing things down, you can **gain clarity, organize your emotions, and uncover insights that might otherwise stay hidden.** Worksheets also empower you to **take small, actionable steps toward self-awareness and personal growth,** even before starting therapy.

Whether you're exploring on your own or preparing for deeper work, worksheets can help you build a strong foundation for change. Taking time for yourself in this way is an important first step in your journey.

**[PRO TIP - Open this file on your laptop or Adobe Acrobat Reader on your phone to get a fillable version.](#)**

# Embracing Your Worth and Finding Balance in Relationships

**This worksheet is designed to help you explore feelings of being “not good enough” in any relationship, (with friends, colleagues, family, or a partner) even when giving your all.** These patterns often stem from deeply held beliefs about self-worth shaped by past experiences.

Drawing from Cognitive Behavioral Therapy (CBT), Attachment Theory, and Self-Compassion practices, this worksheet uses self-reflection and practical exercises to help you:

- **Recognize and set healthier boundaries.**
- **Address fear-based behaviours that block authentic connections with everyone.**
- **Build self-worth independent of external validation.**

Be patient and kind to yourself as you work through this process. Each step brings you closer to reconnecting with your true value and fostering authentic relationships in every aspect.

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# **Building Self-Worth and Healthy Relationship Boundaries**

Directions: Reflect on past situations where you felt like you gave too much in a relationship, but felt unappreciated in return. Think about:

What actions did you take and what did you hope to receive in return?

How did you feel when the response did not meet your expectations?

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# **Building Self-Worth and Healthy Relationship Boundaries**

Directions: Now keeping your previous answers in mind, reflect on these questions and try to find honest answers to them.

Did the other person ask for the level of care you provided, or did you take it upon yourself?

In what ways might your own actions have created feelings of disappointment or resentment?



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# Recognizing Fear- Based Behaviors

In relationships, fear of rejection or not being "enough" can lead us to present an **idealized version of ourselves rather than our true selves**. This fear-driven behaviour can create distance and prevent authentic connection.

Use the prompts given next to explore how these patterns may show up in your relationships and how they impact your ability to connect genuinely.

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# **Recognizing Fear-Based Behaviors**

Directions: Think about times in relationships when you've felt the need to present a "better version" of yourself.

What were you afraid would happen if you showed your authentic self?

How does this fear keep you from connecting with others in a genuine way?



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# Reframing Expectations

When we go above and beyond in relationships, it often comes from a desire to show care—but it can also lead to **burnout and disappointment** if others don't reciprocate in the same way.

This exercise helps you explore how to express care in a more balanced and sustainable way, fostering healthier relationships and preserving your energy.

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# **Reframing Expectations**

Directions: For each of the boxes below, write down an action you'd normally take to "go above and beyond." Next to it, describe how you might show care in a smaller, more balanced way instead.

**Example 1**

**Example 2**





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# Building Self-Worth Independently of Others

Our sense of worth often becomes tied to how others perceive or respond to us, but **true self-worth comes from within.**

This section invites you to reflect on what it means to feel “enough” just as you are and explore ways to nurture self-appreciation in your daily life.

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# **Building Self-Worth Independently of Others**

Directions: Reflect on what it means to you to feel “enough” without external validation. Consider:

Actions that reinforce your self-worth independently of others (e.g., acknowledging personal achievements, treating yourself kindly).

How can you practice self-appreciation in your daily life?



## Therapy for Modern Minds & Relationships

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