

## Empower Worksheet

*We are not responsible for the trauma and  
What others did to use, but we are responsible  
For overcoming it and being the best self we can be.*

*“We empower ourselves  
every time we accept  
responsibility for  
choosing the thoughts  
and feelings we act on.”*

– Karen Casey –



On my healing journey, some of the most difficult thoughts I have are a) \_\_\_\_\_  
\_\_\_\_\_ and b) \_\_\_\_\_.

These thoughts cause me problems because whenever I act on them, I experience \_\_\_\_\_ and deny myself the possibility to accomplish *(be very specific... i.e. instead of saying statements such as “I will be successful.” Identify what you would be successful of.)* \_\_\_\_\_  
\_\_\_\_\_.

If I take responsibility for not acting on negative feelings about myself then I would begin to treat myself with less \_\_\_\_\_  
\_\_\_\_\_ and more \_\_\_\_\_.

Not acting on negative self – feelings will empower me to \_\_\_\_\_  
\_\_\_\_\_.