



LIFE/SOUL PURPOSE
Chef Defenses Worksheet

Directions:

In each category, mark your preference next to each item; rating each item from 0 to 3 from the least accurate to the most accurate statements about you. Remember while we all have some of the following traits the goal of this worksheet is to find the statement(s) that MOST accurately reflect your primary way of being or thinking which filters through everything you do. Complete each block before moving to the next section; use the following scale to rate each item.

- 0 = Not at all true
1 = Somewhat true
2 = Mostly true
3 = Totally true

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- (SD) I am essentially inadequate and less than others.
 - (Ar) I feel inferior but never let others see that part of me.
 - (Sd) Life is not really worth living.
 - (G) I am very focused on having things.
 - (M) I don't fit in even though I try.
 - (I) I am constantly living in the future and feeling rushed.
 - (St) I dislike change so much I will sometimes avoid new things.

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- (SD) I am very accommodating to others; often I hold others in more esteem than myself.
 - (Ar) Others perceive me as superior.
 - (Sd) Self-harming behaviors are part of my life (substance use, suicidal thoughts or attempts).
 - (G) Acquiring things is very satisfying to me.
 - (M) I seem to attract bullies and feel unsafe.
 - (I) I am often thinking about what will happen next and miss out on what's happening 'now'.

(St) I usually oppose what others say.

(SD) I often think or say to myself 'I really can't do it/this' or 'I doubt I will succeed.'

(Ar) Other people aren't as 'put together' as I am.

(Sd) I often find relationships are hard and somehow get wrecked.

(G) I need more things to feel happy.

(M) I am always at the center of a family crisis.

(I) I am always looking for short cuts and ways to speed things up.

(St) I like to be in control.

(SD) I am often disorganized in my home and my appearance.

(Ar) I am often perfectionist.

(Sd) I generally don't take care of myself or my health.

(G) I want more of everything.

(M) I often feel isolated and alone.

(I) I am always doing a lot of things at once.

(St) I often say 'no' to invitations even if part of me wants to go.

To calculate your score add each rating number in the box for the selected category (e.g. add up all the numbers in the boxes next to 'St'). Place your total score for each category in the boxes below.

(SD) (Ar) (Sd) (G) (M) (I) (St)