Things that I do well are: 2. _____ **** Good behaviors or feelings that I have are: 2. Nice things that people say about me are: 2. _____

Resource: Steps to Healthy Touching.

Harborview CBT+ 03

	Things that I do well are:
1.	
2.	·
4.	
	Good behaviors or feelings that I have are:
1.	
2.	
3.	·
4.	
	Nice things that people say about me are:
1.	
2.	
3.	

Resource: Steps to Healthy Touching. Harborview CBT+ 03