



Self reflection worksheet:

understand your true self
and how you present yourself
to the world.

Farya Barlas psychologist

Start your transformative journey to self-love and personal growth with this free worksheet, crafted by a seasoned psychologist and trauma expert.

www.Faryabarlas.com

SELF-REFLECTION WORKSHEET

Reflect on the questions for 15 minutes and write down your thoughts. This exercise aims to help you understand your true self and how you present yourself to the world.

If you had no fear of hurting anyone or no fear of being rejected, how would you show up in your life?

Reflect on how fear influences your actions and interactions. Describe the version of yourself that is free from these fears.

What do I dislike in myself?

Be as honest with yourself as possible . List the qualities, behaviours, or aspects of yourself that you find challenging or wish to change.

SELF-REFLECTION WORKSHEET

What do I love in myself?

Celebrate your strengths and positive qualities. Write down the things you admire and appreciate about yourself.

How much of what you love and what you dislike about yourself is presented to the outside world?

Consider how much of your true self you allow others to see. Are you hiding parts of yourself? Do you project an image that is different from who you really are?

What is the biggest fear that comes up for you when you imagine exposing all parts of yourself to others?

Identify the specific fears or concerns that arise when you think about being fully transparent and authentic with others.



Hi there!

Hi there! I'm Farya Barlas, an author, trauma-informed therapist, senior psychologist, and speaker. My journey has been one of profound transformation and dedication, both in my personal life and in my work, guiding thousands on their path to healing and self-discovery.

I developed a Method called **Homecoming To Self**, combining psychological treatments, somatic healing and inner work to heal trauma in the mind, body, and soul. This holistic approach promotes deep, lasting healing.

Discover Your Path to Inner Wholeness

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