



## Messages Checklist

Look over the following list and check any messages that resonate with you.

In my family I was/am:

<input type="checkbox"/> Liked	<input type="checkbox"/> Disliked
<input type="checkbox"/> Unconditionally loved	<input type="checkbox"/> Unloved or loved conditionally
<input type="checkbox"/> Wanted	<input type="checkbox"/> Unwanted
<input type="checkbox"/> Appreciated	<input type="checkbox"/> Unappreciated or underappreciated
<input type="checkbox"/> Trusted	<input type="checkbox"/> Doubted, suspected, or disbelieved
<input type="checkbox"/> Valued	<input type="checkbox"/> Rejected
<input type="checkbox"/> Cared for physically	<input type="checkbox"/> Neglected physically
<input type="checkbox"/> Cared for emotionally	<input type="checkbox"/> Neglected emotionally
<input type="checkbox"/> Protected	<input type="checkbox"/> Ignored or abandoned
<input type="checkbox"/> Smart	<input type="checkbox"/> Stupid
<input type="checkbox"/> Good	<input type="checkbox"/> Bad
<input type="checkbox"/> Giving	<input type="checkbox"/> Selfish
<input type="checkbox"/> A priority	<input type="checkbox"/> A burden or a nuisance
<input type="checkbox"/> Free to be independent	<input type="checkbox"/> An object to make others happy
<input type="checkbox"/> Able to make mistakes	<input type="checkbox"/> Expected to be perfect
<input type="checkbox"/> Able to show feelings	<input type="checkbox"/> Expected to hide my feelings
<input type="checkbox"/> Attractive	<input type="checkbox"/> Unattractive
<input type="checkbox"/> Happy	<input type="checkbox"/> Sad
<input type="checkbox"/> Acceptable	<input type="checkbox"/> Flawed and inadequate
<input type="checkbox"/> Successful	<input type="checkbox"/> A failure
<input type="checkbox"/> Important	<input type="checkbox"/> Unimportant
<input type="checkbox"/> A source of pride	<input type="checkbox"/> A disappointment or embarrassment
<input type="checkbox"/> Capable	<input type="checkbox"/> Incompetent
<input type="checkbox"/> Labeled as delightful	<input type="checkbox"/> Labeled as a troublemaker