A PAUSE, A PRACTICE, A NEXT STEP

Not Feeling Good Enough

Your worth is bigger than this moment.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Catch the whole-self label

Write the thought you noticed. Replace a label such as “failure” with the specific event that actually happened.

01 / Notice and reflect

What happened, without the label?

02 / Notice and reflect

What would a fair observer notice?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Get support if shame, worthlessness, or withdrawal persists. If these feelings include thoughts of self-harm or being unsafe, open Crisis Support.

Read more: VA Veterans Health Library · Building self-esteem

More tools and immediate support: Our Healing Room / Crisis Support.