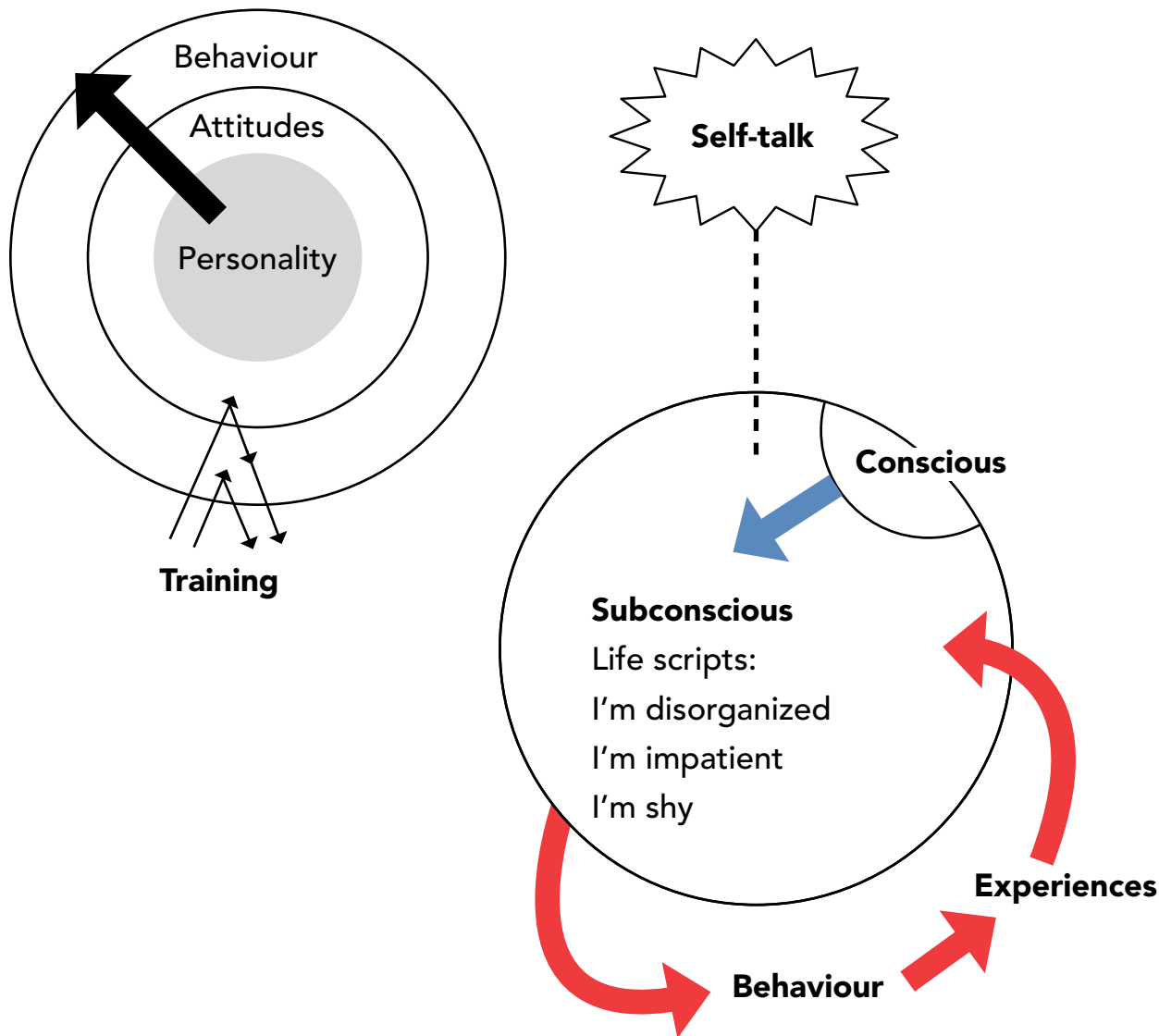


Can You Change Yourself?



- I'm OK
- Most people are not as good as me
- I'm not OK
- Most people are better than me
- I'm unlucky
- I tend to be the victim in situations
- I'm too old to change
- I'm not good enough to do that job
- I'm good at making friends
- I care what other people think about me
- I've got a terrible memory
- I have no sense of time, so I'm always late
- I can't do maths
- I hate computers
- I'm good at sports
- I get impatient in queues
- I'm too fat / too thin
- I have a lively social life, but not much luck with men/women