

Psychology Sentence Completion Worksheet

Summary

When you feel comfortable sharing your thoughts and feelings, it becomes easier to explore and assess the internal issues that may be affecting your self esteem.

Set aside five minutes 2-3 times a weeks to answer the Sentence Completion Worksheet. After completing the exercise for two weeks, review your responses to gauge improvements in your general outlook on life and personal self-esteem. Overtime, you should notice responses becoming more positive in nature.

Sentence Completion Worksheet
1. My best friend is _____.
2. Sometimes I wish I could _____.
3. The thing I fear most is _____.
4. Today I would like to _____.
5. I'd really enjoy _____.
6. I feel my future is _____.
7. I gain strength from _____.

Sentence Completion Worksheet

1. I would never _____.

2. I was really happy when _____.

3. I love when _____.

4. I struggle when _____.

5. I believe that _____.

6. I get angry when _____.

7. Today I fear that _____.

Sentence Completion Worksheet

1. Today is going to be _____.

2. I hope that _____.

3. I thrive when _____.

4. Today I would like to _____.

5. I secretly enjoy _____.

6. I don't like to admit _____.

7. Today I believed that _____.