

LIKES

DISLIKES

# Discovering Your Likes & Dislikes

When you were growing up perhaps your preferences were not considered often.

Emotionally neglected people have a hard time knowing themselves.

Depending on the amount and types of interest your parents showed you growing up, you may have certain areas where you know yourself well, and certain areas in which you're mystified.

There's no right or wrong to your likes and dislikes. They simply are what they are, and they are valid and important.

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**Here are some questions to help you figure out where you're lacking in knowing your likes and dislikes:**

- What's your favorite kind of food?
- What's your favorite sport to play?
- What's your favorite sport to watch?
- Do you even like sports?
- Do you have a fashion sense? If so, what's your style?
- What's your favorite way to spend a Saturday?
- Are you in the right job/ career for you?
- What is your favorite movie genre?

- What kinds of books do you like to read?
- Can you name a talent that you feel you have and would like to cultivate in yourself?
- If you could travel anywhere in the world where would you go?
- Do you have enough friends?
- Do you enjoy the friends you have?
- Which friends do you enjoy the most?
- What comes naturally to you?
- What's your least favorite chore?
- What's your least favorite activity?
- What things take you the most time to accomplish?

If you can easily answer most of these questions, good for you. If you struggled through, it's definitely an indication that you've been focused outward for much of your life (as you were trained to do in your childhood) and have not tuned in to yourself. An important part of caring for yourself is knowing what you like. Knowing what you like will help you define what you want.

Use the back of this pamphlet to write down everything you can think of that can be categorized as a like or dislike. It may include places, colors, foods, activities, furniture styles, people, people's actions, or your own moods, for example.

Anything at all that you can categorize, write it down on the back. Then as you go forward, day by day, write down things as they occur to you.