



Here are some commonly reported characteristics of the Undesired, Actual, and Ideal Self.

UNDESIREDSelf	ACTUALSelf	IDEALSelf
• Shamed • Inferior • Unwanted • Marginalized • Disconnected • Bad • Strange/Weird	• Less competent • Failing • Submissive • Worried and anxious • Negative feelings towards others • Threat focus	ALWAYS • Competent • Successful • Assertive • Relaxed and Happy • Kind to others • Positive focus

Reflect on the characteristics that you would attribute to your own Undesired, Actual and Ideal Self and write them down below:

My Undesired Self

My Actual Self

My Ideal Self

© Petrocchi, Kirby and Baldi (2025), *Essentials of Compassion Focused Therapy*, Routledge