



# *Session 2*

## **Self-Assessment Checklist of Common Cover-Ups**

To help you identify your cover-ups, here is a checklist of common cover-ups. Reflect on whether you regularly engage in these behaviors, especially during times of stress or emotional discomfort.

1. Do you often find yourself shopping excessively, especially when you're feeling low or stressed?
2. Do you turn to food for comfort during emotional times, often eating past the point of fullness?
3. Do you frequently use alcohol to escape from your reality or numb your feelings?
4. Do you spend hours binge-watching TV shows or scrolling through social media to distract yourself from your life?
5. Do you bury yourself in work to avoid dealing with personal issues or emotions?

Additionally, write out your own personal inventory of behaviors you suspect might be your cover-ups. This can provide valuable insight into your unique journey towards authenticity.



