

The Unconditional Positive Regard Worksheet

A practical companion to unconditional positive regard in personality development

Carl Rogers believed real change starts with acceptance, not judgment. This worksheet helps you spot where you are placing conditions on your own worth, and gives you a simple way to practice unconditional positive regard, both toward yourself and the people around you. Set aside fifteen quiet minutes and answer honestly. There are no right answers here, only honest ones.

1. Spot Your Conditions of Worth

A condition of worth is a belief that you are only acceptable when a certain box is ticked. Read each line below. Tick the ones that sound like something you tell yourself.

- ☐ I am only worth something when I am achieving or producing.
- ☐ I need to look a certain way before I feel comfortable in a room.
- ☐ Making a mistake in front of others feels like proof that I am not enough.
- ☐ I hold back my real opinion because I am scared of losing approval.
- ☐ I feel like my parents' love came with strings attached growing up.
- ☐ I judge myself far more harshly than I judge my friends.

The more boxes you ticked, the more your sense of worth may be tied to performance rather than to who you actually are. That is common, and it is also the exact pattern Carl Rogers spent his career trying to help people unlearn.

2. Rewrite Your Inner Voice

Unconditional positive regard starts with how you talk to yourself. Practice rewriting a judgmental thought into an accepting one. Two examples are filled in. Use the blank rows for your own.

Judgmental Thought	Unconditional Rewrite
I failed the interview, I am not good enough.	I did not get this interview. That does not decide my worth.
I lost my temper again, something is wrong with me.	I lost my temper. I can repair it and keep learning.

3. Practice Unconditional Positive Regard This Week

Pick one person, it can be your child, partner, friend, or coworker. Each day, note one moment where you separated their behavior from their worth as a person.

Day	What happened	How I separated behavior from worth
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

4. Three Questions Worth Sitting With

- 1 Who gave you unconditional positive regard when you needed it most, and what did that feel like?
- 2 Where in your life today do you still chase approval instead of trusting your own worth?
- 3 What is one condition of worth you are ready to let go of this month?

Write your answers on the back of this sheet, or in a private journal. Revisit them in a month and notice what has shifted.