

Human Behavior
Concept: Self-Esteem Self-Worth

Name _____
Date _____

Part One:

Directions: Read Chapter 22 "A Closer Look at You" on pages 440 -453 in the green Families Today Text Book. Then complete the following questions about self-worth.

Compare and contrast the effects that heredity and environment has on personality.

Heredity –

Environment –

What three things make up your personality?

1. _____ 2. _____ 3. _____

List the four steps that help in controlling your emotions.

1.

2.

3.

4.

Define the following terms:

Introvert -

Extrovert –

What is attitude?

Compare and Contrast a positive attitude with a negative attitude.

Similarities –

Differences –

Define self-worth.

Explain the following that help form a sense of self-worth.

Identity -

Belonging -

Security -

Purpose -

List and explain 4 of the 7 tips to build a positive self attitude.

Does a positive attitude create a sense of self-worth or does a sense of self-worth create a positive attitude. Explain your answer.

Describe why having a positive attitude can improve your life. Give an example from your life.

What role do other people have on your self-worth? Give an example from your life.

How can having an inflated self-worth be a problem? Give an example from your life.

Part Two:

Directions. Answer the following questions about yourself.

Self-Esteem:

List people in your life that have given you a positive attitude and a positive view of yourself.

List the outstanding traits that these people have. What make them stand out to you?

Explain the significance that these people have had in your life.

List at least one accomplishment you have made because of having these people in your life.

"To love oneself is the beginning of a life-long romance." -Oscar White