

27. What messages could I give myself to help feel more positive about this area?

26. What skills could I develop to help myself?

25. What steps could I take to improve my feelings about this area?

To develop a more positive self-concept, look at each statement to which you responded *Rarely True*. Then answer the following questions:

After completing the activity, add the number of circled responses in each column. A total score closer to 60 shows a high, positive self-concept. A score closer to 40 shows a self-concept high in some areas and low in others. A score closer to 20 shows a low, negative self-concept.

24. My life is interesting.	3	2	1
23. I plan to do something important in life.	3	2	1
22. I can talk easily with others.	3	2	1
21. I can tell others how I feel.	3	2	1
20. Others who are close to me care about my opinions.	3	2	1
19. Others like to have me with them.	3	2	1
18. I am kind to others.	3	2	1
17. I am a unique individual.	3	2	1
16. I am continuing to grow and change.	3	2	1
15. I enjoy what I do.	3	2	1
14. I look at the positive side of events.	3	2	1
13. I can laugh at my mistakes.	3	2	1
12. I am happy with my friends.	3	2	1
11. Others think I am attractive.	3	2	1
10. I like the way I look.	3	2	1
9. I usually have a lot of energy.	3	2	1
8. Most people like me.	3	2	1
7. I am usually in a good mood.	3	2	1
6. I enjoy getting up in the morning.	3	2	1
	<b>True</b>	<b>Sometimes True</b>	<b>Rarely True</b>

Name \_\_\_\_\_

# Evaluating Your Self-Concept

Activity E

Section 2:2

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

Explain the meaning of *self-concept* and follow the directions on both pages to evaluate yours.

1. Define *self-concept*. \_\_\_\_\_

2. Describe what it means to have positive self-esteem. \_\_\_\_\_

3. Explain how a person's self-concept can affect feelings of worth and importance, or self-esteem. \_\_\_\_\_

4. Three factors influence the development of self-concept. Under each factor, describe the way you see yourself.

Physical Traits

Skills and Talents

Responses from Others

5. How could a person's self-concept affect what he or she accomplishes in life? \_\_\_\_\_

The statements on the next page identify thoughts and feelings that people with positive self-concepts may have about themselves. To evaluate your own self-concept, read each statement. Then circle the number indicating your response. Use the guidelines at the end of the page to evaluate your responses.

(Continued)