

How Is Your Self-Esteem?

Activity D

Name _____

Chapter 1

Date _____ Period _____

Self-esteem is how you feel about your self-concept. The following exercise will help you evaluate your self-esteem. Below are 34 short sentences. Draw a circle around the sentences that describe how you feel most of the time. Then answer the questions that follow.

I am happy. I am talented. I am useless. I am sad. I'm a loser. I'm a winner. I am good looking.
I am dumb. I'm proud of myself. I'm O.K. I am dull. I am clumsy. I am sick a lot. I am bright.
I am a gossip. I'm weird. I'm a bore. I'm forgetful. I have a positive attitude. I'm cool.
I am successful. I am afraid. I am lovable. I am healthy. I am concerned about others.
I'm adventuresome. I'm shy. I am lively. I am a failure. I am friendly. I am tired.
I am a good person. I'm a pessimist. I'm not really O.K.

1. Reread the sentences you circled above. What kind of picture do you get of yourself?

2. Choose one sentence above that contributes to a lack of self-esteem. Explain what changes you could make to overcome this factor.
Sentence chosen: _____
Ways to overcome this factor: _____

3. Some days may go very well for you and you feel really good about yourself. Your self-esteem will be very high on these days. List two relationships or events that might cause your sense of self-esteem to be high.
a. _____
b. _____
4. On other days, everything may seem to go wrong for you. Your sense of self-esteem may be lower on these days. List two relationships or events that might cause your sense of self-esteem to decrease.
a. _____
b. _____
5. Choose one of the relationships or events you listed in question four above. Describe how you could prevent this event or relationship from damaging your self-esteem.
Relationship or event chosen: _____
How you could prevent damage to your self-esteem: _____

