

Unit 8 - Self –Esteem

Activity One : (solve the rating when you start the unit 8 and when you finish it)

Check up: Directions: rate from 0 to 10 how much you believe each statement. '0' means you do not believe it at all and '10' means you completely believe it.

STATEMENTS	RATING
1. I believe in myself.	_____
2. I am just as valuable as other people.	_____
3. I would rather be me than someone else.	_____
4. I am proud of my accomplishments.	_____
5. I feel good when I get compliments.	_____
6. I can handle criticism.	_____
7. I am good at solving problems.	_____
8. I love trying new things.	_____
9. I respect myself.	_____
10. I like the way I look.	_____
11. I love myself even when others reject me.	_____
12. I know my positive qualities.	_____
13. I focus on my successes and not my failures.	_____
14. I am not afraid to make mistakes.	_____
15. I am happy to be me.	_____

Total Score _____

Overall how would you rate your self-esteem on the following

scale: 0 _____ 10

I dislike who I am

I completely like who I am

Activity Two: Self –esteem

Positive journal

Positive Qualities	Past Example - Think of examples when you showed these qualities

Activity Three: True or False

Circle 'True'/'False' according to your choice. Correct the word (words) which seems inappropriate.

1. Self-esteem refers to how we view and think about ourselves, and the value that we place on ourselves as a person. T/F
2. Low self-esteem is having a generally positive overall opinion of oneself, judging or evaluating oneself positively, and placing a general positive value on oneself as a person. T/F
3. These deep-seated, basic, negative beliefs about oneself are often taken as facts or truths about who they are as a person. T/F
4. Low self-esteem can have a negative impact on a person (eg., self-criticism and high distress) and a negative impact on their life (eg., study, relationships, recreation time, self-care). T/F
5. Low self-esteem can't be part of a current problem, a result of other problems, or a problem in itself and risk factor for other problems. T/F

Words corrected:

- 1.
- 2.
- 3.
- 4.
- 5.

Activity Four - Self esteem

Match each word with the correct definition. Join them together with a line.

1.inferiority complex	a) unreasonable and inordinate self-esteem (personified as one of the deadly sins)
2.self	b) the state in which esteem has been lost
3. esteem	c) the trait of being unduly vain and conceited; false pride
4.self-respecting	d) the condition of being honoured (esteemed or respected or well regarded
5.narcissism	e) having or expressing dignity; especially formality or stateliness in bearing or appearance/ having or showing self-esteem
6. pride	f) a sense of personal inferiority arising from conflict between the desire to be noticed and the fear of being humiliated
7. conceited	g) having or showing self-esteem
8. disesteem	h) your consciousness of your own identity
9.pompous	i) an exceptional interest in and admiration for yourself
10.dignified	h) characterized by pomp and ceremony and stately display

Activity Five : Self –Esteem (solve it when you start the unit 7 and when you finish It)

Check up: Directions: rate from 0 to 10 how much you believe each statement. '0' means you do not believe it at all and '10' means you completely believe it.

STATEMENTS	RATING
1.I believe in myself.	_____
2.I am just as valuable as other people.	_____
3.I would rather be me than someone else.	_____
4.I am proud of my accomplishments.	_____
5.I feel good when I get compliments.	_____
6.I can handle criticism.	_____
7.I am good at solving problems.	_____
8.I love trying new things.	_____
9.I respect myself.	_____
10.I like the way I look.	_____
11.I love myself even when others reject me.	_____
12.I know my positive qualities.	_____
13.I focus on my successes and not my failures.	_____
14.I am not afraid to make mistakes.	_____
15.I am happy to be me.	_____
Total Score	_____

Overall how would you rate your self-esteem on the following scale:

0 _____ 10
I completely dislike who I am I completely like who I am

Annexes

Answer Sheets for :

Activity Three: True or False – Answer Sheet

Circle 'True'/'False' according to your choice. Correct the word (words) which seems inappropriate.

1. Self-esteem refers to how we view and think about ourselves, and the value that we place on ourselves as a person. T/F
2. Low self-esteem is having a generally **positive/negative** overall opinion of oneself, judging or evaluating oneself **positively/ negatively**, and placing a general **positive/ negative** value on oneself as a person. T/F
3. These deep-seated, basic, negative beliefs about oneself are often taken as facts or truths about who they are as a person. T/F
4. Low self-esteem can have a negative impact on a person (eg., self-criticism and high distress) and a negative impact on their life (eg., study, relationships, recreation time, self-care). T/F
5. Low self-esteem **can't can** be part of a current problem, a result of other problems, or a problem in itself and risk factor for other problems. T/F

Answers and words corrected:

1. T
2. F. **positive/negative**
3. T.
4. T.
5. F. **can't/ can**

Answer Sheet Activity Four - Self-esteem

1. f)
2. h)
3. d)
4. g)
5. i)
6. a)
7. c)
8. b)
9. h)
10. e)

Definitions

1. inferiority complex - a sense of personal inferiority arising from conflict between the desire to be noticed and the fear of being humiliated
2. Self - your consciousness of your own identity
3. esteem - the condition of being honored (esteemed or respected or well regarded)
4. self-respecting - having or showing self-esteem
5. narcissism - an exceptional interest in and admiration for yourself
6. pride - unreasonable and inordinate self-esteem (personified as one of the deadly sins)
7. conceited - the trait of being unduly vain and conceited; false pride
8. disesteem - the state in which esteem has been lost
9. pompous - characterized by pomp and ceremony and stately display
10. dignified - having or expressing dignity; especially formality or stateliness in bearing or appearance/
having or showing self-esteem