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Self - Esteem



This workbook belongs to: _____



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The aim of this workbook is to help you to:



- **Understand what self-esteem is and what it looks like.**
- **Understand where self-esteem comes from.**
- **Explore what affects your self-esteem and how to measure it.**
- **Learn ways to improve your self-esteem.**



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What is self-esteem?

How would you describe self-esteem?



Did you know that the Latin word for Self-Esteem comes from the word AESTIMARE which means to estimate, evaluate and value of one's self?



Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame.

[Wikipedia](#)

Where do you think self-esteem comes from?



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Feelings of high or low self-worth often start in childhood, normally from the ages of 0-8 years old.

Our core self-belief system is set in place and we believe everything adults tell us. This also explains why we believed in Santa and the Tooth Fairy.

Family life that is riddled with disapproval can follow a person into adult life.

Low self-esteem can also become a problem because of a poor school environment or a dysfunctional workplace.

Likewise, an unhappy relationship can also alter a person's self-worth.





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What does self-esteem look like?

Describe below how do you think someone would be if they had high self-esteem and low self-esteem

<i>High Self-Esteem</i>	<i>Low Self-Esteem</i>

What affects your self-esteem? And consider why that is?



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How to Measure Self-Esteem

Rosenberg who? The **Rosenberg self-esteem scale (RSES)**, developed by American sociologist Dr. Morris Rosenberg, is a self-esteem measure widely used in social-science research. It uses a scale of 0-30 where a score less than 15 may indicate a problematic low self-esteem.

How to Use :It is a ten-item scale with items answered on a four-point scale—from strongly agree to strongly disagree. Five of the items have positively worded statements and five have negatively worded ones. The scale measures state self-esteem by asking you to reflect on your current feelings.

Rosenberg Self-Esteem Scale

Please read each statement. Then circle the letter indicating how much you agree or disagree with the statement.

	Strongly agree	Agree	Disagree	Strongly disagree	Score
1. I feel that I am a person of worth. I am as good as anybody else	A	B	C	D	
2. I feel that there are a lot of good things about me	A	B	C	D	
3. I feel that I fail a lot	A	B	C	D	
4. I can do things as well as most other people	A	B	C	D	
5. I do not have much to be proud of	A	B	C	D	
6. I wish I had more respect for myself	A	B	C	D	
7. I feel useless at times	A	B	C	D	
8. Sometimes I think I am no good at all	A	B	C	D	
9. I like myself	A	B	C	D	
10. I am happy with myself	A	B	C	D	
				Total	

Scores are calculated as follows:

For items 1, 2, 4, 9, and 10:

Strongly agree = 3 Agree = 2 Disagree = 1 Strongly disagree = 0

For items 3, 5, 6, 7, and 8 (which are reversed in valence):

Strongly agree = 0 Agree = 1 Disagree = 2 Strongly disagree = 3

The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem



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Ways to Improve Self-Esteem



Example MY BILL OF RIGHTS

1. I have the right to ask for what I want and need.
2. I have the right to say No to requests or demands that I can't meet.
3. I have the right to be heard and listened to and to express my feelings, positive or negative.
4. I have the right to change my mind and to make decisions based on my feelings.
5. I have the right to make mistakes & not be perfect.
6. I have the right to have my needs and wants respected by others and to be treated with dignity and respect.
7. I have the right to be in a non-abusive environment.
8. I have the right to change and grow.
9. I have the right to make friends & be comfortable around people.
10. I have a right to my own personal space and time.
11. I have the right not to be responsible for the actions, behaviours, feelings or problems of other adults.
12. I have the right to ask questions when I do not understand something.
13. I have the right to look after my physical appearance and my mind and mental health.
14. I have the right to be understood and accepted for my race, nationality, sexuality, sexual preference, gender & gender preference.
15. I have the right to be HAPPY!!

What is a Bill of Rights?

This is a document which outlines how you expect others to behave towards you.

- ❖ It also acts as a blueprint for your expectations upon yourself.
- ❖ It is positively worded.
- ❖ It begins with the sentence: "I have the right to..."
- ❖ It also in part follows some of the articles in the Human Rights Act 1998.



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Now write down your own Bill of Rights.



My Bill of Rights

I have the Right to be.....



Put this up somewhere where you can see it every day. In front of the fridge, mirror or corkboard and read it out loud every day!



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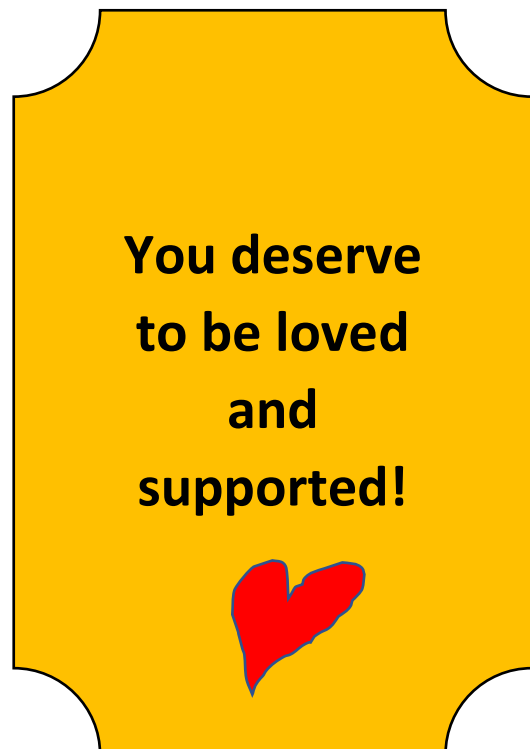
The Power of Affirmation



From Oxford Dictionary noun: affirmation; plural noun: affirmations: 1: the action or process of affirming something, yes, nod in agreement. 2. Emotional support or encouragement.

Cut out labels below or make your own and place somewhere you can see them every day for example a mirror, fridge or corkboard and repeat the words 10 times daily.

This will help change negative word patterns into positive ones and really boost your self-esteem!





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Also use these 10 tips to strengthen the attitudes towards yourself:

1. Spend time with people who lift you up.
2. Giveback by helping others.
3. Celebrate your achievements, no matter the size.
4. Do what makes you happy.
5. Change what you can – and let go of what you can't.
6. Let go of perfectionism ideals.
7. Speak to yourself like a friend.
8. Get involved in outside hobbies, join social and community groups, sports clubs and teams.
9. Own your uniqueness.
10. Create a positive self-dialogue.

AND FINALLY!!





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Self-Esteem: Post Assessment and Evaluation

Please complete below and hand back to your journey guide.

Post Assessment	Name:	Date:
I have improved my overall understanding of self-esteem.		yes/no
I generally feel that I understand my own self-esteem..		yes/no
I feel that I will be able to try some of the self-esteem improvement techniques.		yes/no
I have found this helpful.		yes/no

Evaluation
Please describe your experience using the workbook:
What actions will you take as a result of the information in the workbook?
What did you feel was relevant and what was not?
How can this workbook be improved?