

# SELF-ESTEEM

## SESSION 4 COURSE WORKBOOK



## HOW IS LIFE JUST NOW?

### Exercise 1

**On the scale below where would you rate your current quality of life?**

0 \_\_\_\_\_ 10

Very Poor Fantastic

**What has changed, got better, worse or has stayed the same since last week that might be contributing to you feeling this way?**

**What would need to change to help you to move one point up the scale?**

**What would the next point look like? What would you be doing differently? How would other people know that things had changed?**

## Exercise 2

### SHORT TERM GOALS

Did you meet your short terms goals that you set yourself last week?

YES

NO

If you answered no, can you identify what prevented you in meeting the goals?

Thinking ahead, what changes do you need to make to achieve your short terms goals?

### Exercise 3

#### KEY QUESTIONS TO ASK YOURSELF

##### 1. What do you like about yourself?

Look out for anything about yourself that you have ever felt able to appreciate, include things that you do not possess 100%, or that you do not show all of the time. Think of things you do well (does not have to be perfect).

##### 2. What have you achieved in life, however small?

Does not have to be a tremendous achievement like winning an Olympic medal, look at the things you have achieved, no matter how small.

##### 3. What challenges have you faced in your life?

What difficulties or problems have you had to deal with? What strengths and qualities did you have to help you get through things, whether or not the outcome was a success?

#### **4. What skills have you acquired?**

What do you know how to do? Include work skills, people skills, domestic skills, academic skills, sporting and leisure skills...

#### **5. What do other people value in you?**

Think of someone who cares for you, how would they describe you? What do others thank you for and compliment you on? What do others give you praise for? (You may not have been paying much attention to these things, start to notice these things)

#### **6. What qualities do you value in others that you have?**

It may be easier to see other peoples' strong points. What do you value in others that you also have? It does not need to be to the same degree.

### **7. What small positives are you discounting?**

You may feel you should only be looking at major positives; would you discount small negatives in the same way? Think about all the small positives as well.

### **8. What are the bad qualities that you don't have?**

Think of some bad qualities that you don't have (e.g. irresponsible, cruel, dishonest). If you don't have the bad quality, you must be something else – what is it (e.g. responsible, kind, honest)?

Write down the mirror images of the bad qualities you don't have. Don't discount the good qualities because you don't think you possess them to a great enough extent.

### **Anything Else?**

## POSITIVE LIST IDEAS

Considerate	Loved
Organised	A good friend
Appreciative	Avid reader
Praise others	Charitable
Cultured	Artistic
Thoughtful	Patient
Kind	Genuine
Generous	Caring
Good Cook	Good Listener
Reliable	Well-travelled
Good humoured	Animal lover
Fun	House proud
Helpful	Determined
Health conscious	Responsible
Adventurous	Honest

**My good points, qualities, talents, skills and strengths are:**

## POSITIVE QUALITY DIARY

DATE	WHAT I DID	QUALITY
1/4/21	Held door open for person	Considerate
1/4/21	Offered to baby sit for friend	Kind, thoughtful
2/4/21	Nervous about going to class as did not know anyone	Brave, resilient

## EXERCISE 4

How does low self-esteem effect what you do?

Do you withdraw / do less – if so in what way / what have you stopped doing?

Do you avoid – if so what things do you avoid?

Do you rush around trying to do too much?

## **Making Changes**

Use the activity diary to plan ahead including the things you have started to identify from your list.

Make sure you have a mix of activities that are both pleasurable and give a sense of achievement.

Fill out your ratings at the end of each day and review how your plan went.

Make the amount of activity reasonable, including time for rest and relaxation.

Set aside time for yourself and to do things you enjoy.

Review your plan at the end of each week, if things don't go to plan you can work on what went wrong and use this info to plan further changes.

Remember you are not superhuman!

**WHAT ARE YOUR SHORT TERM GOALS FOR THE NEXT WEEK?**

**It is important that your short term goals are SMART goals.**



# ACTIVITY SCHEDULE

Use this table to look at how you spent your time in the last few days.  
 Rate the Pleasure (P) and Achievement (A) you felt in doing each activity, from 0 to 10 where 0 is the least and 10 is the most

	EXAMPLE / DAY: Monday	DAY:	DAY:	DAY:
<b>MORNING</b>	Stayed in bed P(4) Bath P(5) A(4) Read paper P(6) A(2)			
<b>AFTERNOON</b>	Watched TV P(1) A(0) Met a Friend P(7) A(5) Library P(4) A(4)			
<b>EVENING</b>	Made dinner P(2) A(6) Read the kids a story P(7) A(5) Tidied up P(1) A(6)			

# Activity Schedule

Note in the box: What you did (a brief description), one word describing your Mood, rate the intensity of your mood on a scale of 0 – 100%, your sense of Achievement for the activity on a scale of 0-10 (A0 – 10) your sense of Closeness to others (C0 – 10), and sense of Enjoyment (E 0-10). Example: Watching TV with son, Sad 60%, A0, C7, E4 An activity may be sitting down, or lying in bed, not only washing dishes, walking etc..

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>8 to 9 am</b>							
<b>9 to 10</b>							
<b>10 to 11</b>							
<b>11 to 12 pm</b>							
<b>12 to 1</b>							
<b>1 to 2</b>							
<b>2 to 3</b>							
<b>3 to 4</b>							
<b>4 to 5</b>							
<b>5 to 6</b>							
<b>6 to 7</b>							
<b>7 to 8</b>							
<b>8 to 10</b>							
<b>10 to 12 am</b>							

After completing the diary, you might notice patterns in your mood variations, and how particular activities affect your mood. You can then start to plan a more healthy range of activities which give you a sense of Achievement, Enjoyment and Closeness (using another blank form).