

SELF-ESTEEM

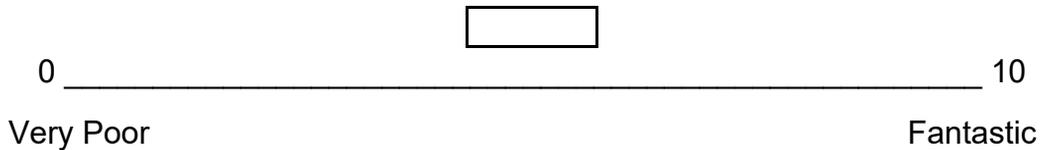
SESSION 8 WORKBOOK



HOW IS LIFE JUST NOW?

* Exercise 1 *

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



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?
Please mark x.**

YES	
NO	

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

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

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STAYING WELL PLAN

Practice new skills: What techniques have I found the most helpful?
What do I need to keep doing?

What could I do if I did have a setback?

What has helped? What have I learned? Who can help?

Identify early warning signs: e.g. being self-critical, making anxious predictions, turning down invitations, doing less. If I notice these what will I do?

Support: Who can I speak to if I need a bit of extra help?

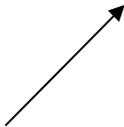
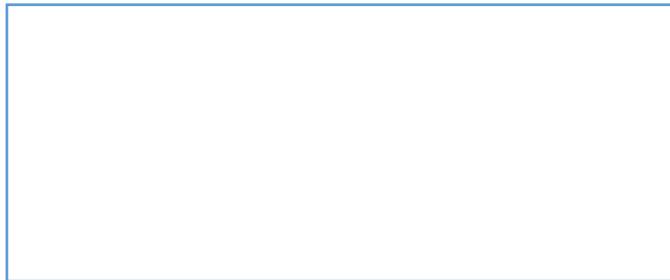
HEALTHY ME

Trigger Situations



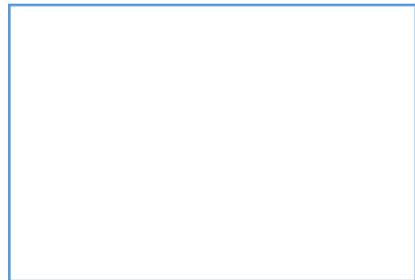
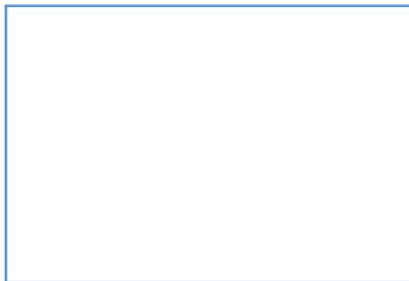
New Perspectives on negative thoughts . . .

What are my new rules/beliefs?



What new behaviours have been helpful?

(E.g. being assertive, saying no etc.)



How does this new perspective influence on how I feel about myself?

**DO YOU REMEMBER THE LONG TERM GOALS THAT YOU SET IN
WEEK ONE?**

Are you closer to meeting these goals?

Going forward, what are your long term goal with regards to your wellbeing and self-esteem?

Why you are working towards this goal? What is the focus of the goal?

What is important about this goal? (Is it in line with your values? Please refer to the values worksheet)

What will goal achievement, make possible?