



SELF-ESTEEM

Chapter 21



What do you think about
this boy?



How can they gain self-esteem?



HOW IS YOUR SELF-ESTEEM?

<https://www.psychologytoday.com/us/tests/personality/self-esteem-test>

Respond to the self-test statements honestly and check how much esteem you have on yourself

WHAT IS SELF-ESTEEM?



- It is your own evaluation of a kind of person you are. It is a feeling of self-worth, self-confidence and respect in yourself AS HE or SHE IS.
- You may feel inferior to others even if you are good in many ways such as academics, sports and etc. It is self-critics you talk to yourselves.
- A student with a high GPA may have low self-esteem, conversely, many students with pretty low GPA may have higher self-esteem. We need healthy esteem to believe in our own strengths, love ourselves, try new things, and empower ourselves for success and happy lives.

THE RELATIONSHIP BETWEEN POSITIVE THINKING AND YOUR PERFORMANCE



- Positive self-talk does positively affect performance. It helps you work through challenges.
- Positive self-talk promotes self-love, improves attitudes, helps coping with stress and allows you to take some risks.
- You are more self-confident before you start.

PRACTICE

Give yourself a positive self-talk

I

.....
.....

Discuss how this self-talk can change
your mindset

Connect to the concept of self-
esteem

How do you think this new mindset
give you a new YOU, new LIFE?



EXAMPLES

Negative Self-Talk

I've never done it before.

It's too complicated.

I don't have the resources.

I'm too lazy to get this done.

There's no way it will work.

It's too radical a change.

No one bothers to communicate
with me.

I'm not going to get any better at this.

Positive Thinking

It's an opportunity to learn something new.

I'll tackle it from a different angle.

Necessity is the mother of invention.

I wasn't able to fit it into my schedule but
can re-examine some priorities.

I can try to make it work.

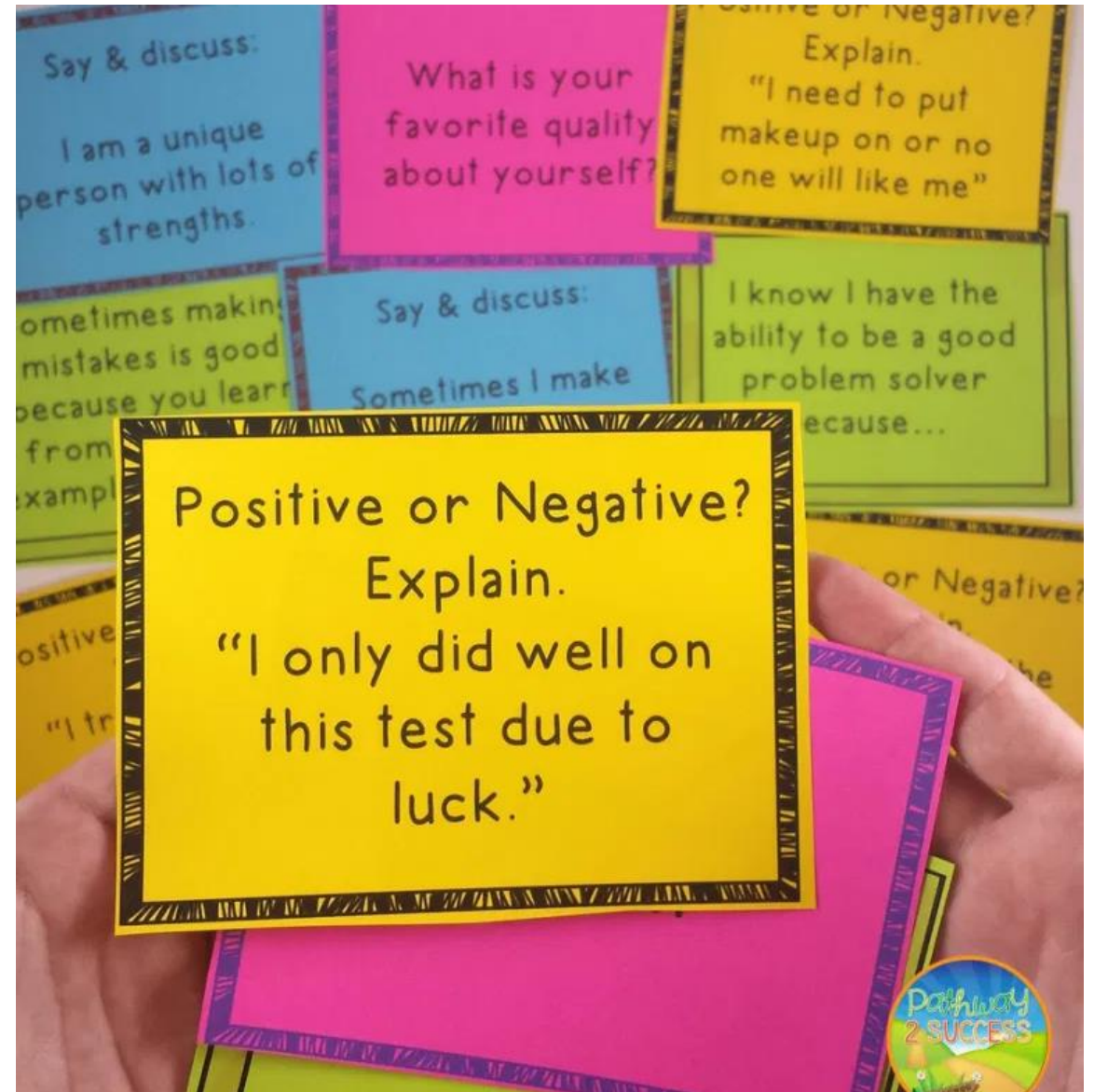
Let's take a chance.

I'll see if I can open the channels of
communication.

I'll give it another try.

[believeinrecovery](#) | [tumblr](#)

GIVE YOURSELF POSITIVE TALK





Based on chapter 21, select five of the suggested ways to enhance self-esteem for discussion with an example.

TO ENHANCE SELF-ESTEEM



1. ACCEPT MYSELF IN TOTAL, APPRCIATE BOTH STRENGTHS AND LIMITATIONS
2. BE REALISTIC, REASONABLE RATHER THAN EMOTIONAL
3. FORGIVE MYSELF – NO SELF-BLAME
4. UPHOLD ETHICAL VALUES
- 5.GET FEEDBACK, CRITICS FROM OTHERS
6. BE HAPPY FOR MY LIFE
7. BE FLEXIBLE, RELAX, GO EXERCISE

**I AM OK AND YOU ARE OK. NOONE IS PERFECT.