SELF-ESTEEM WORKBOOK / BEGIN

Start with respect

You can treat yourself with care before you feel confident.

No perfect positivity required

These are reflection tools, not a test or a treatment replacement. The goal is a fairer view of yourself, not forcing a happy thought. Skip anything that feels unhelpful.

Where am I hard on myself?

Name one everyday situation where your inner voice becomes harsh.

What would respectful care look like?

Describe how you would want to be treated in that moment. Include how you could treat yourself.

Worth is not a performance score

You do not have to succeed, look a certain way, or please everyone to deserve respect and support.

U.S. crisis support: call or text 988. In immediate danger, call 911.

SELF-ESTEEM WORKBOOK / NOTICE

Notice the story

A familiar thought is not the whole picture.

The thought that shows up

Write one self-critical thought. You do not need to list all of them.

What is missing from that story?

Consider your effort, limits, circumstances, learning, or support needs.

A fairer response

What would be accurate without being cruel? Try “I am learning...” or “This moment does not describe all of me.”

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SELF-ESTEEM WORKBOOK / PRACTICE

Meet a difficult moment with care

Kindness can be practical and honest.

Name what hurts

Use plain words: “I feel disappointed,” “I feel left out,” or words that fit you.

What would I say to a friend?

Write a response that does not minimize the pain or promise an outcome.

One act of care

Choose something concrete: a break, a meal, a boundary, a question, or asking for support.

If kind words feel uncomfortable

Try a neutral sentence: “This is a hard moment. I can choose my next step.” You do not have to believe a grand affirmation.

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SELF-ESTEEM WORKBOOK / EXPLORE

Build trust through small actions

Confidence may grow as you practice, with room for mistakes.

What matters to me?

Choose one value, such as honesty, creativity, care, curiosity, or fairness. There is no correct list.

A small action that fits

What could you do this week to express that value? Make it specific and manageable.

What will I count as trying?

Define effort you can control. Avoid making another person’s approval the measure.

If it does not go as hoped

What would help you learn or repair without attacking yourself?

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SELF-ESTEEM WORKBOOK / PLAN

Make room for your needs

Being liked and being true to yourself may not always feel the same.

A place I overextend

Where do you say yes from fear, compare yourself, or hide a need?

A limit or request to practice

Write a brief, respectful sentence. You can rehearse with someone supportive.

Evidence I want to remember

Name a moment of courage, care, learning, or persistence. Small and ordinary moments belong here.

Safety comes first

If someone threatens, controls, or harms you, you do not have to confront them. Seek confidential support to plan safely.

SELF-ESTEEM WORKBOOK / CARRY FORWARD

Return to a fairer voice

Practice can be uneven and still matter.

A sentence to keep nearby

Choose a believable reminder that supports you during a hard moment.

My next supported step

What will you practice? Who could help? What would you like to discuss in therapy or care?

Reach out when it is heavy

If shame, self-criticism, or low self-worth keeps you from daily life or connection, professional support can help. Seek immediate support if you may hurt yourself or cannot stay safe.

Read more from trusted sources

NIMH: Caring for Your Mental Health
https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Original reflection exercises by Grace in Healings. For immediate support, visit Our Healing Room / Crisis Support.