*SELF-ESTEEM*

(Self-esteem: the way you feel about yourself)

|  |  |  |
| --- | --- | --- |
| **Positive** Things about yourself | Person who first told you this thing | How you feel about the positive thing |
| ***Example:***  I’m smart | Teacher-Mrs. Johnson | I agree. I feel good about this compliment. I am smart. |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

and Negative memories

*SELF-ESTEEM*

|  |  |
| --- | --- |
| **Negative**  things you believe about yourself | MEMORY ASSOCIATED |
| ***Example:I’m worthless*** | 8th grade being bullied, had no friends |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |