

CBT Self-Esteem Worksheet

| Name | Date |
|--|------|
| <p>Take your time to reflect on each question or statement. Write down your responses honestly and thoughtfully. Use this worksheet as a tool to explore your feelings and develop a more positive self-image.</p> | |
| Self-reflection | |
| <p>Write down five things you appreciate about yourself</p> | |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| <p>Describe a recent situation where you felt proud of yourself. What did you do, and why was it significant?</p> | |
| | |
| <p>List three compliments you have received from others that made you feel good about yourself. Why did these compliments resonate with you?</p> | |
| 1. | |
| 2. | |
| 3. | |

Identifying negative talk

Pay attention to your inner dialogue for a day. Write down any negative thoughts or self-criticisms you catch yourself saying.

1.

2.

3.

4.

5.

Review the list of negative thoughts. What are the most common ones you notice?

Challenging negative thoughts

Choose one of the negative thoughts from Section 2. Write it down below.

Negative Thought:

Now, challenge that negative thought by answering the following questions.

Is this thought based on facts or opinions?

What evidence do I have that supports this thought?

What evidence do I have that contradicts this thought?

How would I respond if a friend expressed this thought about themselves?

Can I reframe this thought into a more realistic or positive statement?

Affirming self-compassion

Write down three affirmations or positive statements about yourself. These should be kind, compassionate, and encouraging.

1.

2.

3.

Choose one of the affirmations from the previous question. Write down specific ways you can incorporate this affirmation into your daily life or practice.

Additional notes