

Laying Down Your Scaffolding: Self-Esteem Enhancement

Applicant Details:

Name:

Date:

Session:

Objective: Assess self-perceptions, identify negative thought patterns, and cultivate positive self-statements.

Introduction:

Your inherent worth exists, independent of external validation. This worksheet helps you strengthen your self-esteem by challenging negative beliefs and reinforcing positive perceptions.

Section 1: Reframing Negative Statements

Read each statement below. Rewrite them from the perspective of someone with high self-esteem.

1. **Statement:**

Reframe:

2. **Statement:**

Reframe:

3. **Statement:**

Reframe:

4. **Statement:**

Reframe:

5. Statement:

Reframe:

Section 2: Visual Exercise

Think of a beloved pet or a person who looked at you with absolute love.

- Describe or paste a picture of them:

Now, see yourself through their loving eyes.

- **What did you experience?**

 - **What did you feel?**

 - **What did you think?**
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Section 3: Self-Evaluation

Rate yourself on the given characteristics, where 0 means it's absent, and 5 means it's fully present in you.

Characteristic	Rating
Confidence	
Trustworthiness	
Resilience	
Empathy	
Self-compassion	

Notes:

Action Plan for Improvement:

Ensure to review this worksheet with a professional or counselor for feedback and guidance.

Source: The PTSD Workbook, by Tijana Mandić, PhD