

Low Self-Esteem Worksheet

Name:

Date:

Instructions: This worksheet is designed to help you explore and address your self-esteem. Take some time to reflect on the questions and prompts below. Be honest with yourself, and remember that building self-esteem is a journey that takes time and effort. Use this worksheet as a tool to identify areas where you can work on improving your self-esteem and begin cultivating a more positive self-image.

Self-reflection

Describe your self-image: How do you perceive yourself? Are there specific traits or characteristics that you tend to focus on? (e.g., physical appearance, intelligence, personality, talents)

Identify critical thoughts: What negative thoughts or beliefs about yourself frequently come to mind? Write them down as accurately as possible.

Recognize triggers: What situations or interactions tend to trigger feelings of low self-esteem? Identify specific examples and note how you respond emotionally.

Past experiences: Have there been any significant events or experiences in your life that have contributed to your low self-esteem? If yes, describe them briefly.

Positive aspects of yourself

Strengths and talents: Make a list of your strengths and talents, both big and small. Focus on the positive qualities you possess.

Achievements and accomplishments: Reflect on your past achievements, no matter how small they may seem. Write them down, celebrating your successes.

Compliments and positive feedback: Think about compliments or positive feedback you have received from others. Record them here to remind yourself of your value.

Challenging negative thoughts

Questioning negative thoughts: Challenge the critical thoughts you listed earlier. For each negative thought, ask yourself: "Is this thought rational and accurate?" "Are there any alternative explanations that might be more positive?"

Reframing negative thoughts: For each negative thought, reframe it into a more positive and constructive statement. Turn it into an affirmation that promotes self-belief and confidence.

Self-compassion

Practice self-compassion: Write down three ways you can be kinder and more understanding towards yourself. Consider how you would treat a friend going through a similar situation.

Forgiveness: Are there past mistakes or perceived shortcomings that you are holding onto? Practice forgiving yourself and acknowledge that everyone makes mistakes and has room for growth.

Setting realistic goals

Identify personal goals: List three achievable and realistic goals related to building your self-esteem. Make sure they are specific and measurable.

Action plan: Write down the steps you will take to work towards these goals. Consider what resources and support you might need.