

# 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.