

# 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 acknowledging 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.