

## Self-Esteem Worksheet Module 4

#7 How helpful is it for me to evaluate myself in this way?

#8 How else could I view the situation? What are other perspectives on this?

#9 What advice would I give to a friend in this same situation?

#10 What would be more helpful behavior I could carry out?

#11 A more balanced evaluation of myself is:

# How much do I believe my original negative self-evaluation was (0-100%)  
# How intense is my emotion now (0-100%)

#1 What is the risk situation for you?

Answer:

#2 What am I saying to myself? How am I evaluating myself? Putting myself down? Criticizing myself?

# How much do I believe these evaluations of myself (0-100%)  
# What reaction(s) am I feeling? (Rate the intensity 0-100%)

#3 What unhelpful behaviors did I engage in?

#4 What is the evidence for my evaluations?

#5 What is the evidence against my evaluations?

#6 Are there other options I have of myself or facts?

Your name-  
Date -