

What is self esteem

Name: _____

Self-esteem is what you think, believe and feel about yourself. Healthy self-esteem means that you always make choices in your thoughts and actions that support your values.

Signs of positive self-esteem

- A loving nature-accepting of others
- Confidence-willing to try new things
- Generosity-willing to share
- Success in school-attentive, questioning and social
- The ability to develop lasting relationships
- Individuality
- Willingness to lead or follow
- Tolerant of others' viewpoints and differences



Signs of low self-esteem

- Lacks self-confidence
- Lacks self-respect
- Insecure about trying new things
- Underachievement in school
- Avoids others and spends too much time alone
- Allows oneself to be picked on
- Acts out to get attention
- Exhibits rude, disrespectful, or delinquent behaviour
- Overly fearful
- Develops eating disorders
- Uses alcohol or drugs
- Poor sleeping habits
- Easily frustrated
- Depression

