



How's Your Self-Esteem?

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- Write down how you would define self-esteem.

- Compare your answer with someone else's. Note down any differences in definition.

- On a scale of 0-10 where 0 is the lowest self-esteem possible and 10 is the highest, how high do you think is your self-esteem is right now?

- What factors did you take into consideration when rating your self-esteem?

- What factors do you think cause people to have a low self-esteem?

- People who earn more money have a higher self-esteem.
Do you think this is because:
 - a) They earn more money because they have a high self-esteem.
 - b) They have a high self-esteem because they earn more money.



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The Rosenberg Self-Esteem Scale

To work out your score on this scale, add up the number of times you agree with a positive statement below (in bold) and the number of times you disagree with a negative statement (in italics)

1. **On the whole, I am satisfied with myself**
2. *At times I think I am no good at all*
3. **I think I have a number of good qualities**
4. **I am able to do this as well as most people**
5. *I feel I do not have much to be proud of*
6. *I certainly feel useless at times*
7. **I feel that I am a person of worth, at least on an equal plane with others**
8. *I wish I could have more respect for myself*
9. *All in all, I am inclined to feel that I am a failure*
10. **I take a positive attitude towards myself**

How did you score on this scale? Again it's out of 10. _____

Many psychologists think people do harmful things to their bodies such as smoking, binge drinking, taking drugs, not eating properly or having unprotected sex with casual partners because they have low self-esteem. Write down why you think people do these things and what the consequences of people abusing their bodies in this way might be. Consider not just the individual, but think about the wider society.

Our upbringing, family and our satisfaction with our lives greatly affect our evaluation of our self-esteem. Some of these things we can't change, but we can change how we think about ourselves. Our self-esteem depends on the ways we assess how we feel about the following.

- ❖ Our knowledge, talents and skills
- ❖ Our expectations from life and ourselves
- ❖ How we spend our time
- ❖ What we have achieved
- ❖ Who we compare ourselves to
- ❖ How we look

Write down a list of your talents, expectations, interests and achievements, as well as 3 things you like about the way you look. Show your list to a trusted friend and ask them if they agree and can add to the list.



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We can raise our self-esteem in a number of ways

- ❖ **Take up a sport you enjoy!**
Exercise releases hormones called endorphins that make you feel-good!
- ❖ **Eat a healthy balanced diet and drink lots of water.**
It will help you feel better, and look better.
- ❖ **Develop new skills, interests and hobbies.**
Developing new skills and knowledge increases confidence.
- ❖ **Get involved in groups with other people with similar interests.**
Meeting new people with similar interests to you is a great way of making new friends and friends can make us feel better about ourselves.
- ❖ **Tidy-up your surroundings.**
When you make a visible difference, you know you matter!
- ❖ **Take pride in your appearance.**

When people look better, they feel better; they are more confident and perform better at school and work. You don't have to be Kate Moss or David Beckham to look good, just take some time to look your best and you will feel better. Wash everyday to keep clean and smell fresh, wash your hair regularly, brush your teeth twice a day, look after your skin with moisturiser and sunscreen (if necessary). Then take some time to style your hair, apply make-up, anything that makes you feel more confident. Wear clean, presentable clothes that flatter you and make you feel confident not self-conscious. But don't obsess about it and spend hours in front of the mirror – life is too short!

Write down a practical 5-point plan to raise your self-esteem and if it's already so high, you can't raise it any higher, think of ways you can help others to raise their self-esteem.

1. I will _____
2. I will _____
3. I will _____
4. I will _____
5. I will _____