

# BUILDING SELF ESTEEM

KRISTEN STUPPY, MD, FAAP



- **Part A:** Recall a situation in which you felt confident and a sense of self-worth.
- **Part B:** Recall a situation in which you felt low in self-esteem.
- **Part C:** Use parts A & B to contrast situations, analyze your reactions & identify how you can use this with future situations where you feel low in self-esteem.

**A**

- How would you describe the situation? What is happening?
- What are you saying to yourself (self-talk)? What tone does your self-talk have?
- What physical sensations and feelings are you aware of?
- What do you do as a result of this?

**B**

- How would you describe the situation? What is happening?
- What are you saying to yourself (self-talk)? What tone does your self-talk have?
- What physical sensations and feelings are you aware of?
- What do you do as a result of this?

**C**

- What positive statement could I say to myself to be reminded of my power?
- What could I do that would help me feel differently?
- What could I do differently next time I am in this situation? What actions would empower me?
- What do you do as a result of this?