Building Healthy Self-Esteem

Use this worksheet as a tool to think through situations that make you feel down on yourself.

1. Describe a situation that made you feel down on yourself.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

2. Take a moment to practice self-compassion.

**Awareness:** How does it make me feel?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**Recognize Common Humanity:** Name others who have experienced suffering in their lives.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

**Self-Kindness Message:** What would a compassionate person say to me?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Find another viewpoint.
How can I see this differently?

Are there possible alternative explanations?

What am I grateful for?

What choices can I still make?

“May your choices reflect your hopes and not your fears.”
–NELSON MANDELA