**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SELF-ESTEEM**

**Why is Self-Esteem Important?**

* How we feel about **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** can influence how **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* It affects the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** of our relationships.
* More**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  asking for help.
* Do better in school because **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* Allows you to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** yourself and live life to the fullest.

**Steve & Julio**

**Steve's** mind wanders as he does his homework. "I'm never going to do well on this history test," he thinks. "My dad's right, I'm just like him — I'll never amount to much." Distracted, he looks down and thinks how skinny his legs are. "Ugh," he says to himself. "I bet the football coach won't even let me try out when he sees what a wimp I am."

**Julio** is studying for the same history test as Steve, and he's also not too fond of the subject. But that's where the similarity ends. Julio has a completely different outlook. He's more likely to think, "OK, history again, what a pain. Thank goodness I'm acing the subject I really love — math." And when Julio thinks about the way he looks, it's also a lot more positive. Although he is shorter and skinnier than Steve, Julio is less likely to blame or criticize his body and more likely to think, "I may be skinny, but I can really run. I'd be a good addition to the football team."

**Self- Image is…**

* Used to refer to a person’s **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
* Based on **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** we have with other people and our life experiences.
* This “mental picture” contributes to self esteem.

**Self-Esteem is…**

* About how much we feel valued, loved, accepted, and thought well of by others — and how much we value, love, and accept ourselves.
* **Healthy self-esteem is when you…**

are able to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, appreciate their **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**, and **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** in their abilities, skills, and accomplishments.

* **Low self-esteem is when you…**

may feel as if **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** or accept them or that they can't do well in anything.

* Everyone's self-image changes over time, self-esteem is **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for life.

**What do you think causes self-esteem problems?**

1. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**