

## Building Self-Esteem

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- Learn to think more positively about yourself and your situations
- Surround yourself with positive people
- Set realistic goals
- Enjoy your accomplishments
- Take credit for things you do well
- Take pride in your accomplishments
- Do things that you enjoy doing
- Spend time with people who care about you
- Be assertive in getting your needs met
- Express your thoughts and feelings with others
- Trust yourself
- Meet new people
- Take on new hobbies
- Learn to accept both your strengths and weaknesses
- Avoid idle time; be active

# Self-Esteem

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Educational Series



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Self-esteem is your own personal self-image. In other words, it's how you think and feel about yourself. The more positive your thoughts and feelings about yourself, the higher your self-esteem. The more negative your thoughts and feelings about yourself, the lower your self-esteem.

## Assess Your Self-Esteem

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Answer yes or no.

- Do you accept helpful criticism from others?
- Are you honest and open about your feelings?
- Do you value close relationships?
- Are you able to laugh at and learn from your mistakes?
- Are you happy for others when they succeed?
- Do you like your name?
- Do you think that you're attractive?
- Are you satisfied with your body?
- Are you confident about your appearance?
- Do you search out and take on new challenges?

If you answered "yes" to most of these questions, you probably have a healthy opinion of yourself.

## Personal Assessment

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- How do you feel about yourself?
- What are your immediate goals?
- Where do you see yourself in five years?
- Where do you see yourself in ten years?
- Write down the earliest

memory of yourself.

- Write down positive messages that people gave you as a child. Who gave them to you?
- Write down negative messages that people gave you as a child. Who gave them to you?
- Write down what you think is important in relationships with others (friends, spouse, boyfriend, girlfriend, co-workers, etc.).
- What is one piece of advice that you give to others and that you should give to yourself?

## What Affects Self-Esteem?

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- Relationships with family
- Relationships with friends
- Relationships with co-workers
- Life experiences
  - » Where you have been
  - » What you have done
  - » What has been done to you
- Environmental factors
  - » Race
  - » Socio-economic class
  - » Educational background

## Relationships Assessment

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### Home

- Where do you fit in the family structure?
- What is your birth order?
- How well do you relate to your family?

- What kind of messages did you receive growing up from your:
  - » Father
  - » Mother
  - » Brothers
  - » Sisters
  - » Grandparents
  - » Uncles
  - » Aunts
  - » Cousins

### School

- How well do you relate to your classmates?
- How well do you relate to your teachers?
- Are you involved in extracurricular activities?
- What kinds of messages do you receive from these?

### Work

- How well do you relate to your co-workers?
- How well do you relate to your supervisors?
- How well do you feel that you do your job?
- What kinds of messages do you receive from these?

### Social Life

- How many friends do you have?
- How many close friends do you have?
- What kinds of messages do you receive?