## Understanding Your Self-Esteem

Your self-esteem is a reflection of the way you see yourself and value your different qualities. Each of us has positive and negative qualities, but people with a low self-esteem tend to focus on the negative ones rather than the positive ones. This exercise can help you think about whether you perceive yourself accurately and to see ways you can improve your self-esteem.

## **Directions**

## List your character traits.

In the column on the left, list character traits that you think of as positive. In the column on the right, list character traits that you think of as negative.

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Negative Character Traits			

## List the things you are good at and things that you don't do well.

In the column on the left, list things you do well. In the column on the right, list things you don't do as well. These things can be anything from playing sports to being responsible to playing music.

Things   Do Well	Things I Don't Do So Well
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What do others think?	
	ositive and negative qualities, share your rating
	think you are accurate in how you see yourself.