

Activity 5: Self-Messages

Self-message	Number of times used	Self-esteem		
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same
		Up	Down	Same

Circle any of these words that describe your self-messages. Use the blank lines to add your own words.

positive

compassionate

irrational

unfair

harsh

caring

considerate

kind

negative

gentle

rational

fair

offensive

demeaning

rude

loving

How do your self-messages compare to the messages you would send to a friend?

better

the same

worse

Activity 11: How Society Affects Your Self-Esteem

Circle all of the following that are sources of social pressure for you. Use the blank lines to add your own.

radio	magazines	religious leaders	_____
television	social media	teachers	_____
internet	in-person speakers	school staff	_____
billboards	politicians	gang members	_____

Over the next few days, pay attention to and record times when you are affected by your society's ideas and values. Record how your self-esteem is affected by rating it from 1 (low) to 10 (high) in the chart below. For example, you might notice your self-esteem go up when you watch a TV show that praises a minority group you belong to. Or you might notice your self-esteem go down if you have freckles and see an ad for a product that gets rid of "nasty" freckles.

Day/Time	Incident	Source	Self-esteem (1-10)

Think about how your thoughts, feelings, or actions might be different if you weren't affected by your society's values.

Describe any positive changes that would occur.

Describe any negative changes that would occur.

Activity 12: Permission Slip

List five to ten ideas about yourself and your future; for example, “I’m outgoing,” “I’m going to cosmetology school,” or “I’m going into politics.” Next to each statement, write a number from 1 (not very certain) to 10 (very certain) to show how sure you feel about this idea.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Fill in the blanks below, giving yourself permission to not know everything about yourself or your future; you can also download a copy of this form at <http://www.newharbinger.com/50003>.

I, _____, give myself permission to _____

Date

Signature

Activity 24: Self-Esteem Tracker

Over the next few days, keep track of your self-esteem both before and after spending time on social media. Use a 1 (low self-esteem) to 10 (healthy self-esteem) rating scale. Record your observations in the chart below.

Day	Time	Number of minutes spent	Social media platform	Self-esteem at start	Self-esteem at end

What can you learn about yourself from the information in your chart?

Activity 25: Social Skills Log

Over the next couple of days practice using the six basic social skills. Use the chart below and write the name of the person you talked to, the skills you used, and how well things went.

Name	Skill	How it went

Activity 27: Taking It Personally

Describe something that happened to you recently where you took it personally and felt your self-esteem dip.

Answer these questions about the incident you described:

Do I know for sure this was a personal comment or action toward me?

What is my proof that it was a personal message to me?

What are at least two other possible reasons this could have been done or said that were not personal?

If I asked two other people, would they agree this was meant personally?

Is there someone else I can check this out with?

Am I willing to check it out with the person who said or did it?

In the next two weeks, when someone does or says something that you take personally and you feel your self-esteem dip again, repeat the exercise and record your answers on the worksheets you've printed.

Important Note: Even if you never find out for sure how someone's words or actions were meant, going through this question list will help you break the automatic thinking habit of taking everything personally and help you maintain healthy self-esteem.

Activity 32: Becoming Familiar with Your Feelings

abandoned

disappointed

betrayed

content

brave

frustrated

loving

anxious

apprehensive

stressed

lonely

thrilled

shocked

irritated

ashamed

guilty

jealous

relieved

excited

peaceful

relaxed

happy

worried

depressed

embarrassed

angry

confused

sad

surprised

afraid

Day	What I feel	Where I notice it in my body	How I express it
Morning			
Afternoon			
Night			

Activity 35: ABOP Categories

For the next few days pay attention to your thinking habits and keep a record of statements you use that fall into the ABOP categories.

All-or-Nothing Thinking _____

Bigger Picture _____

Overgeneralizing _____

Positivity _____

Which habits that help healthy self-esteem do you use the most?

Which habits that hinder healthy self-esteem do you use the most?

What patterns do you see as to when, where, or in what situations you help your self-esteem?

What patterns do you see as to when, where, or in what situations you hinder your self-esteem?

Which habit or habits would you most like to work on improving?

Write some statements that would help your self-esteem.

Activity 37: Things You Are Grateful For

For the next week, pay attention to the good in your life.

Day 1

1. _____
2. _____
3. _____
4. _____
5. _____

Day 2

1. _____
2. _____
3. _____
4. _____
5. _____

Day 3

1. _____
2. _____
3. _____
4. _____
5. _____

Day 4

1. _____
2. _____
3. _____
4. _____
5. _____

Day 5

1. _____
2. _____
3. _____
4. _____
5. _____

Day 6

1. _____
2. _____
3. _____
4. _____
5. _____

Day 7

1. _____
2. _____
3. _____
4. _____
5. _____

At the end of the week, describe how focusing on the good in your life affected you.

Activity 41: Decision Log

Observe and record decisions you or others make throughout the day. Next to each, circle the plus sign if you think it is a positive decision and the minus sign if you think it is a negative decision, and tell why.

+ - 1. _____

Because: _____

+ - 2. _____

Because: _____

+ - 3. _____

Because: _____

+ - 4. _____

Because: _____

+ - 5. _____

Because: _____

Explain a positive decision you once made and describe its outcome.

How was your self-esteem affected by this outcome?

Explain a negative decision you once made and describe its outcome.

How was your self-esteem affected by this outcome?

Imagine and describe a world where everyone made only positive decisions. What would be different or the same?

Activity 44: Problem-Solving Plan

Name a problem you've been facing lately.

Write a clear and concise definition of the problem so you know exactly what you need to work on.

Brainstorm possible solutions to the problem. (For brainstorming to be most effective, it's important that you write down all the ideas that come into your head—without judging them. It doesn't matter how unusual or impossible they may be; write them down anyway.) Make your list as long as possible. If you need more space, use additional paper.

Look back over your list. Now think about which ideas are possible or realistic and which aren't. Choose one of your realistic ideas to try as a solution and write it here. Tell when you plan to try this solution.

After you've tried this idea, describe how well it worked. Has this solution solved the problem?

If this idea didn't work, choose another solution from your list and try that. Describe your results here. Continue trying solutions until you find one that works.

Sometimes a situation will be so complicated or difficult you won't be able to handle it by yourself. In those cases, part of your problem-solving plan should be to find someone to help you. Describe a situation you might encounter in which you would need to ask for help. Tell who you would find to help you.
