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# Self-Esteem: A Healthy Relationship with YOU!

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*"I have found that if you love life, life will love you back."* Arthur Rubinstein

## I. Self-Esteem

- From the Greek word "to estimate". How we estimate ourselves is our personal self-esteem.
- Personal self-esteem: It is shaped by our past and the \_\_\_\_\_ we have had in our lives that continue to \_\_\_\_\_ us today.
- Your self-esteem is your \_\_\_\_\_ of yourself.

### Self Esteem Quiz [Be honest! This will not be shared with the group]

Directions: Circle **T** if the statement is true for you, circle **F** if the statement is false for you

- T**    **F**    I am able to discuss my good qualities, skills, abilities, achievements, and successes with others.
- T**    **F**    I assert myself with someone whom I believe is violating or ignoring my rights.
- T**    **F**    I am content with who I am, how I act, and what I do in life.
- T**    **F**    I am not bothered by feelings of insecurity or anxiety when I meet people for the first time.
- T**    **F**    My life is balanced between work, family, social, recreation/leisure, and spiritual life.
- T**    **F**    I am aware of the roles I play(ed) in my family of origin and I have been able to make these behavior patterns work for me in my current life.

- T**    **F**    I am connected with significant others in my environment at home, work, school, at play, or in the community.
- T**    **F**    I am able to perform the developmental tasks necessary to ensure my on-going, healthy self-esteem.
- T**    **F**    I am satisfied with my level of achievement at school, work, home, and the community.
- T**    **F**    I am a good problem solver; my thinking is free of irrational beliefs or fears.
- T**    **F**    I am willing to experience conflict, if necessary, to protect my rights.

If you circle an **F** for \_\_\_\_\_ or more of the preceding questions, you may need to work at improving your self-esteem.

## **II. The Inner Voice**

### **A. Enemies of self-esteem:**

1. Our \_\_\_\_\_ experiences: The past is in the past. Leave it there!
2. Other \_\_\_\_\_ opinions and things they may say about and to us: Listen to your inner voice and make it positive!
3. Negative or \_\_\_\_\_ images from TV and movies, social media, advertising, etc.: Be comfortable with who you are, defining yourself on your terms!
4. \_\_\_\_\_ thoughts, ideas, and fears: Choose an outlook that benefits you!

*“Choose to make your imagination your ally. You do have a say about what pictures live in your head—and you can choose the most positive images to shape your life.” Jane Seymour*

**B.** Use \_\_\_\_\_ to build \_\_\_\_\_,  
a \_\_\_\_\_ attitude, and self-esteem.  
\_\_\_\_\_ are statements where you claim victory over  
what you \_\_\_\_\_ now, or will \_\_\_\_\_ in  
the \_\_\_\_\_.

Say \_\_\_\_\_ out loud as many as \_\_\_\_\_  
times per day! Create your \_\_\_\_\_ here:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_

*“Success is a state of mind. If you want success,  
start thinking of yourself as a success.”* Dr. Joyce Brothers

C. \_\_\_\_\_ is a way to take your inner thoughts and bring them into the world. It can be a way to be open and honest in a \_\_\_\_\_ way.

1. Start by listing \_\_\_\_\_ good things about you. Use this space for a few now!

2. Write down \_\_\_\_\_ areas for \_\_\_\_\_.

3. At the end of each day, write down up to 5 things that you \_\_\_\_\_ that day.

*“Whatever you can do, or dream you can, begin it.*

*Boldness has genius, power, and magic in it.”*

*Johan Wolfgang von Goethe*

D. Control your \_\_\_\_\_ to enhance your self-esteem.

1. It includes and can be found in family, friends, work, community, clubs and organizations, faith groups, and \_\_\_\_\_.

2. It must be:

a. \_\_\_\_\_ and caring

b. A way to \_\_\_\_\_ that physical needs are met

c. \_\_\_\_\_

- d. A facilitator of good communication by being respectful and allowing for freedom of \_\_\_\_\_
- e. \_\_\_\_\_
- f. A provider of \_\_\_\_\_ experiences for all involved

**III. Accepting and giving criticism**

**A. When receiving criticism**

- 1. Listen, don't \_\_\_\_\_ or start \_\_\_\_\_ yourself
- 2. \_\_\_\_\_, where possible
- 3. Ask for \_\_\_\_\_ to make sure you \_\_\_\_\_ what is being said
- 4. When you're wrong, \_\_\_\_\_ it and \_\_\_\_\_
- 5. If criticism is \_\_\_\_\_ or \_\_\_\_\_, say *I don't agree with you*

**B. Giving criticism and/or dealing with conflict – Dave's concepts!**

- 1. If you have a problem/conflict with someone and do not take it to that \_\_\_\_\_, then it cannot be \_\_\_\_\_.
- 2. Deal with conflict \_\_\_\_\_-on-\_\_\_\_\_: \_\_\_\_\_ in public, \_\_\_\_\_ in private
- 3. Use the 3 "\_\_\_\_\_" system: \_\_\_\_\_, \_\_\_\_\_.
- 4. Learn to \_\_\_\_\_ the person from the \_\_\_\_\_; use "\_\_\_\_\_" statements.
- 5. Confront the situation by asking a \_\_\_\_\_.

Attribution: This program was put together using several resources. One of particular assistance was "How to Build Your Self Esteem In A Weekend!" from [www.SelfEsteemExperts.com](http://www.SelfEsteemExperts.com)