

Self esteem Worksheet #2.1

Try to find out-

if you have any past negative experience* that might have contributed to the way you think or view or feel about yourself? .

By the way-

People usually get some negative beliefs or seeds of low self esteem when they get negative experience in their childhood or adolescence.

*past negative experience like

- If a child is Punished all time ,or Neglected, or Abused all the time
- If parents expectation is too high -If parents are only focusing only on weakness of a child instead of his strength area .or comparing with other child or. If a child or teen begin to think no afford is good enough to satisfy his or her parents.
- Not Fitting In at Home or at School
- Difficulty in Meeting Peer Group Standards
- Being on the receiving end of other people's stress or distress
- Your Family's Place in Society

For more help see the article <http://www.self-esteem-tips.com/low-self-esteem/what-cause-low-self-esteem-in-us/>

Write your thought here , based on your finding- try to answer the side questions- take your time- please complite-

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