

## Self Esteem Worksheet Module 4

#7 How helpful is it for me to evaluate myself in this way?

#8 How else could I view the situation? What are other perspectives are there?

#9 What advice would I give to a friend in this same situation?

#10 What would be more helpful behavior I could carry out?

#11 A more balanced evaluation of myself is:

# How much do I believe my original negative self-evaluation now (0-100%)?  
# How intense are my emotions now (0-100%)?

#1 What is the risk situation for you?

Answer:

#2 What am I saying to myself? How am I evaluating myself? Putting myself down ? Criticizing myself?

# How much do I believe these evaluations of myself (0-100%)?  
# What emotion(s) am I feeling? (Rate the intensity 0-100%)

#5 What unhelpful behaviors did I engage in?

#3 What is the evidence for my evaluations?

#4 What is the evidence against my evaluations?

#6 Are these opinions I have of myself or facts?

Your name -  
Date -

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