

Self-Esteem Review Questions

1. What is self-esteem and why is it important?
2. What influences help shape a person's self-esteem?
3. How do the expectations of yourself and others affect your self-esteem?
4. How does self-talk affect one's self-esteem?
5. Think about people you know at school, at work, or in your social environment who seem to exhibit low self-esteem. Describe the qualities that give you this impression. Now think about people you know who exhibit high self-esteem. List their qualities. Often these two lists will reflect direct opposites, such as "has a sloppy appearance/has a very neat appearance" or "avoids eye contact with others/good eye contact." What steps might the people you identified as having low self-esteem take to enhance their images? How might these steps improve their self-esteem?
6. Your self-esteem is what you think and feel about yourself, not what someone else thinks or feels about you. However, you are always reevaluating yourself in light of others' comments about you and your behavior. Write down some comment—both positive and negative—that others (family, employers, teachers, acquaintances) have made about you that have affected your self-esteem. Are you able to listen to these positive and negative comments others offer you and judge them against your internal standards of your own self-worth? Describe a time when you took this kind of control of your own self-esteem development and either acknowledged the comments as true or rejected them as false.