

Self- esteem workbook



Learning Disability Psychology Service



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Introduction



This workbook is about self-esteem.

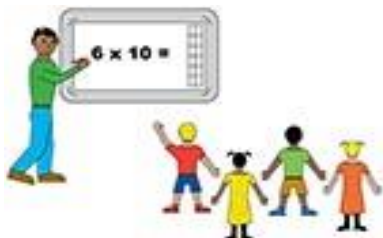


Self-esteem is what you think about yourself.

**What you think about yourself can be affected by many things.
For example:**

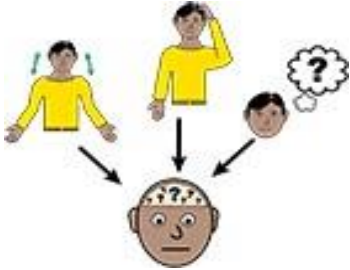


How you were brought up and treated as a child



Your experiences at school



	Your support and relationships with other people, for example, family, friends, and carers
	Where you live
	How successful you are and things you have achieved.
	Things you are good at and things you find difficult
	What you think others think of you
	Sometimes the way people feel about themselves changes from time to time but sometimes it stays the same.

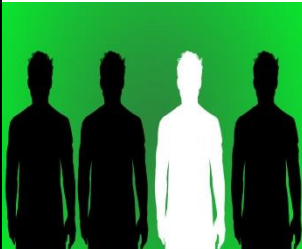


	Some people don't feel good about themselves a lot of the time. They may have low self-esteem.
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How self-esteem develops?	
	Your childhood and teenage years are very important for your self-esteem
	How you were treated in childhood and teenage years by others may affect how you think about yourself now.



Experiences that can lead to:

Good self-esteem		Low self-esteem	
	You were listened to		You were bullied and criticised a lot
	You felt loved		You were abused, neglected or ignored
	You were treated with respect and dignity		You felt different to those around you
	You had supportive friends		Not doing so well at school

What else can affect your self-esteem?

Your current experiences as an adult can also affect your self-esteem (see below)



Being criticised and picked on



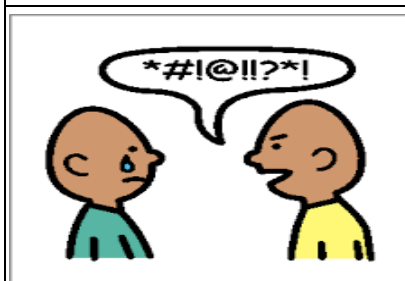
Feeling that you don't fit in



Illness or health problems

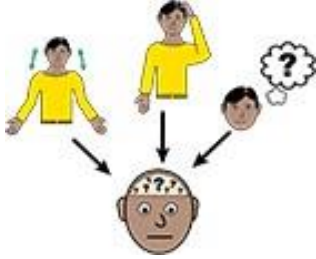


Stress at work, placements or home



Being abused, for example, emotionally, sexually or physically

What can happen when you have low self-esteem?



Your self-esteem will affect how you think, feel and behave.



It can make you less confident.

You may have the following THOUGHTS

- I am stupid
- I am not good enough
- Nobody likes me
- I am different
- Nobody loves me
- Nobody wants to be friends with me
- I am ugly
- I cannot do anything right
- I don't like myself



Your body may react in the following ways:



You may have sleeping difficulties



You may feel anxious



You may feel tired



You may panic when you meet new people



Your heart may beat faster

You may behave in the following ways:



You may avoid going out or seeing people



You may not want to do things or talk with other people.



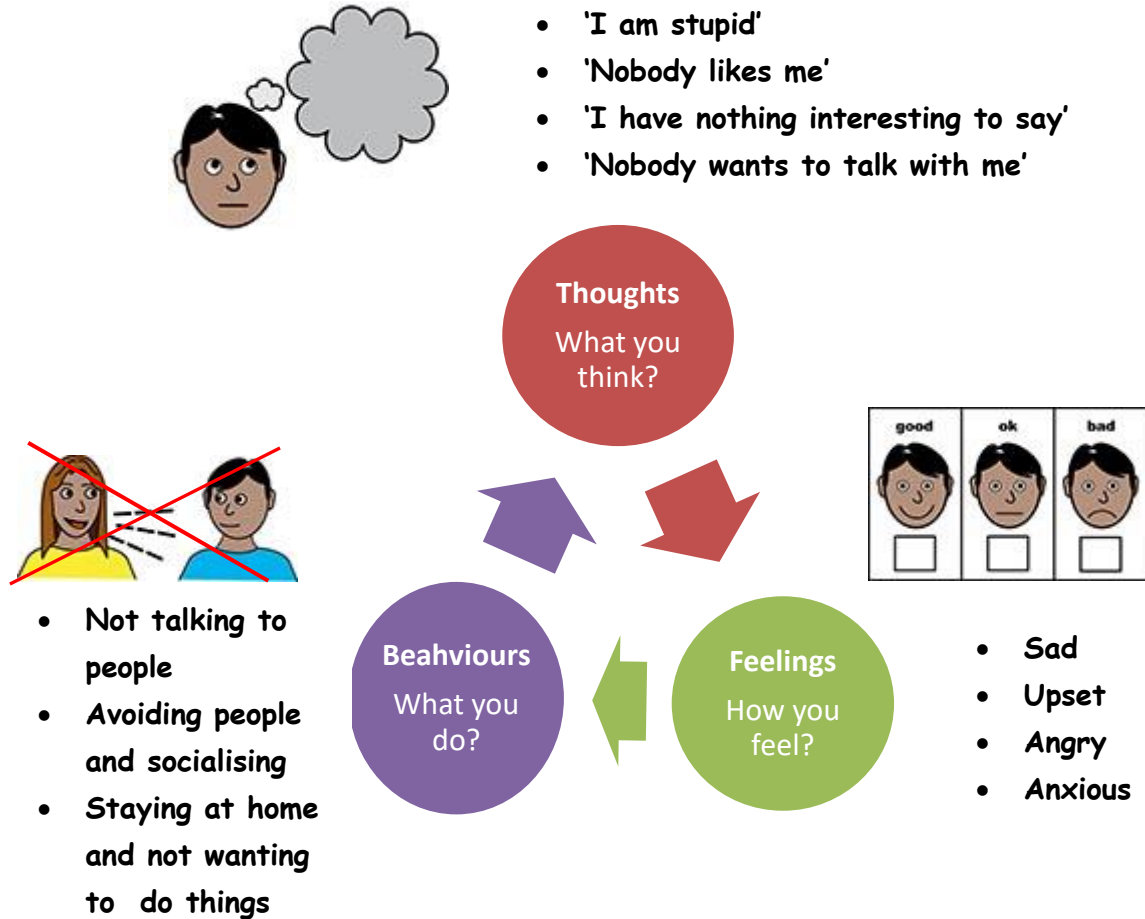
You may be oversensitive to what people are saying.



You may shout at others or argue with people.

The vicious circle

When you have low self-esteem you can act in the ways that can make things even more difficult. This creates a vicious circle.



How to boost your self-esteem?



STEP 1: Get Positive and fight the 'inner critic'



STEP 2: Take care of yourself



STEP 3: Get the help from other people

STEP 1: Get positive and fight the 'inner critic'



Write a list of things you like about yourself.



Write down even the smallest things. For example, I am good at taking photos



You may want to ask your friends, family or carers about things they like about you.

Use the activity sheets below.



Good things other people say about me

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



About Me

(Please complete the sentences)

 happy	I was really happy when.....
	My friends like about me.....
	I am proud of.....
	My family was happy when.....
	At placements or work, I am good at.....

	Something that makes me unique is.....
	I like about myself.....

Reward Yourself

Reward yourself when something goes well
(Please complete the sentences)



The thing I have done really well recently
is.....
.....
.....
.....
.....



It made me feel
.....
.....
.....
.....
.....



I rewarded myself by.....
.....
.....
.....
.....
.....



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Forgive yourself

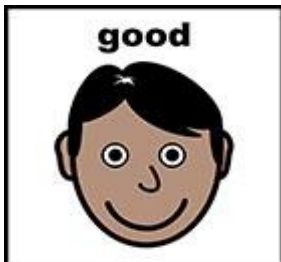
Forgive yourself when things don't go well



Sometimes it is easier to think and say bad things about yourself rather than good things.



But this can make you feel even worse.



It is important to think and say good things about yourself. This can make you feel better.

When things don't go as I want and I feel upset,
I can ask myself:

1. Was there anything that did go ok in this situation?

.....

.....

.....

.....

2. Was it all my fault?

.....

.....

.....

.....

3. What went wrong and how I can change it next time?

.....

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.....

.....

4. In a few years' time will I still remember this situation?

.....

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5. What can I do now to feel better about it?

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.....

Practise SELF-COMPASSION to feel better about yourself



Self-compassion means that you give yourself the same kindness and care as you would give to your best friend.



It involves recognising when you are stressed or struggling without criticising yourself for having a hard time.



It involves being supportive and understanding towards yourself when you are having a hard time.

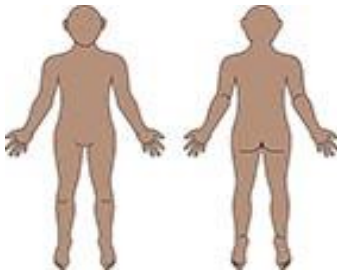


It involves knowing that everybody sometimes make mistakes and have hard times. You are not alone.

Changing your critical self-talk



Notice when you criticise yourself or talk about yourself badly, for example, 'I am stupid'.



Notice how does it make you feel? Are you upset or angry? Notice what happens to your body when you feel like that.

Changing your critical self-talk



1. When something goes wrong the bad things I think and say about myself are:

.....

.....

.....

.....

.....



2. What would my friends or family tell me if they saw that I have a hard time?

.....

.....

.....

.....



3. How would they support me?

.....

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.....

.....

.....



4. How would they talk to me? Would they be supportive or kind?

.....

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.....

.....



5. Good things that you can think about yourself and say to yourself when you are having a hard time are:

.....

.....

.....

.....

.....

How would you treat a friend?



A. Think about times when your close friend felt really bad about him or herself or had a really hard time. How would you respond to your friend in this situation? Please write down what you would do, what you say, and note the tone in which you typically talk to your friends

.....

.....

.....

.....

.....



B. Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.....

.....

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C. Did you notice a difference between responding to your friends and yourself in hard times? If yes, why do you think it may be?

.....

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D. How things may change if you responded to yourself in the same way you normally respond to a close friend when you have a hard time?

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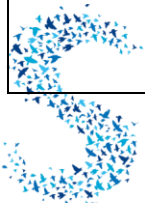
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Try treating yourself like a good friend and see what happens.



Be kind to yourself.



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STEP 2: Take care of yourself



People with low self-esteem often think that they don't deserve good things. They may not look after themselves properly.



Looking after yourself is very important for your well-being.



Try to have enough sleep



Eat well



Exercise regularly



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	Have good personal hygiene
	Plan fun and relaxing things for yourself
	Try and learn new things
	Spend time with your friends regularly

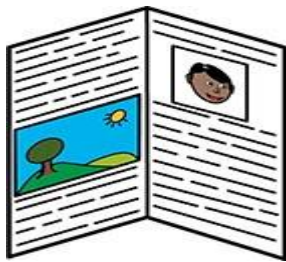
STEP 3: Get the help from others



Talk about your difficulties with your friends and family.



Ask your friends and family about things they like about you.



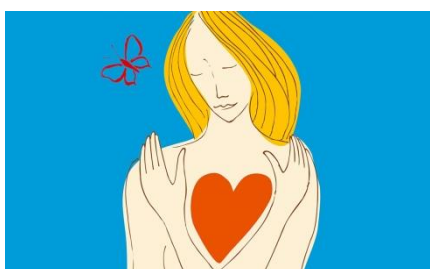
Some people find it easier to work through the questions and tasks in this workbook with someone they trust. You can ask your friends, family or carers to support you.



In summary



Remind yourself about the things you are good at and you like doing.



Practise self-compassion



Take care of yourself



Talk with people you trust about your difficulties. Don't be afraid to ask for help.

What help and support is there?

Your GP and local community services can direct you to support.

Your local learning disability teams:

Mendip	Sedgemoor and West Somerset	South Somerset	Taunton
Tel: 01749 341157	Tel: 01278 720255	Tel: 01935 846404	Tel: 01823 368513

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