

I MATTER

DEVELOP A HIGH LEVEL OF SELF-RESPECT ECOURSE

LESSON 2 WORKBOOK RAISING SELF ESTEEM



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Introduction

Have you ever struggled with your sense of self-esteem? Experiencing an occasional drop in your sense of self-esteem is normal; everyone will experience times in their lives where their sense of self-esteem feels especially low. However, if you've ever struggled to raise your self-esteem again, you likely know how difficult doing so can be.

Fortunately, periods of low self-esteem don't have to be permanent. If you are experiencing low self-esteem, dive into these exercises to explore your feelings, understand what is causing your self-esteem to drop, and work toward raising it again.

It is important to recognize that raising your self-esteem is an ongoing process that takes time, effort, energy, and, most importantly, patience.

As you complete these exercises, reflect on how you can continue using them in your daily life to continually raise your self esteem and continue to grow as a person.

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Blank lined writing area with 28 horizontal lines.

Lined writing area with 20 horizontal lines.

A series of 30 horizontal lines for writing.

Exercise 3

In this third exercise, you will focus on identifying why your various thought distortions are exactly that—distorted. A thought distortion is described as distorted because it forms through a warped perception of your reality. When you constantly think about yourself and your life through a distorted viewpoint, it can be easy to lose your sense of self-esteem.

When you begin to see your thoughts more clearly, that distorted perception begins to lift, allowing you to see yourself and your life through a more realistic lens. This makes it easier to begin regaining and raising your sense of self-esteem.

To get started, consider these prompts. Repeat them as many times as needed to explore multiple thought distortions:

Name one of your thought distortions here:

Why does this thought bother you?

Lined writing area with 20 horizontal lines.

Name one of your thought distortions here:

Why does this thought bother you?

Name one of your thought distortions here:

Why does this thought bother you?

What tends to trigger this thought?

If you could re-work this distorted thought into something more truthful, what would it be?

Need more space? Grab another piece of paper and repeat! It isn't unusual for people to develop multiple thought distortions—some are similar or directly related to each other, while some may concern totally different aspects of themselves or their lives.

Exercise 4

In this fourth exercise, you will practice inviting more positivity into your life as a method of raising your self-esteem levels. Now that you know what causes your low self-esteem and have identified specific thoughts that are harming your ability to feel good about yourself, you can begin doing the work of putting raising your self-esteem into practice. To get started, consider these prompts:

What are three aspects of yourself that you genuinely enjoy?

Remember, nothing is too small or insignificant to enjoy about yourself! List your three things here, and if you need more room, add them:

Thing 1:

Thing 2:

Thing 3:

The Bottom Line

Raising your self-esteem isn't going to be a one-day challenge. Often, when your self-esteem is feeling especially low, it can take lots of time, patience, energy, and effort to turn around your thought distortions and regain a sense of positive and heightened self-esteem again.

Raising your self-esteem is a process that involves a few major steps:

- Identifying the root of the problem
- Identifying the thought distortions your root problems are creating about yourself and/or your life
- Identifying the “distorted” parts of your thought distortions
- Challenging those distortions by replacing them with more positive, truthful thoughts

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