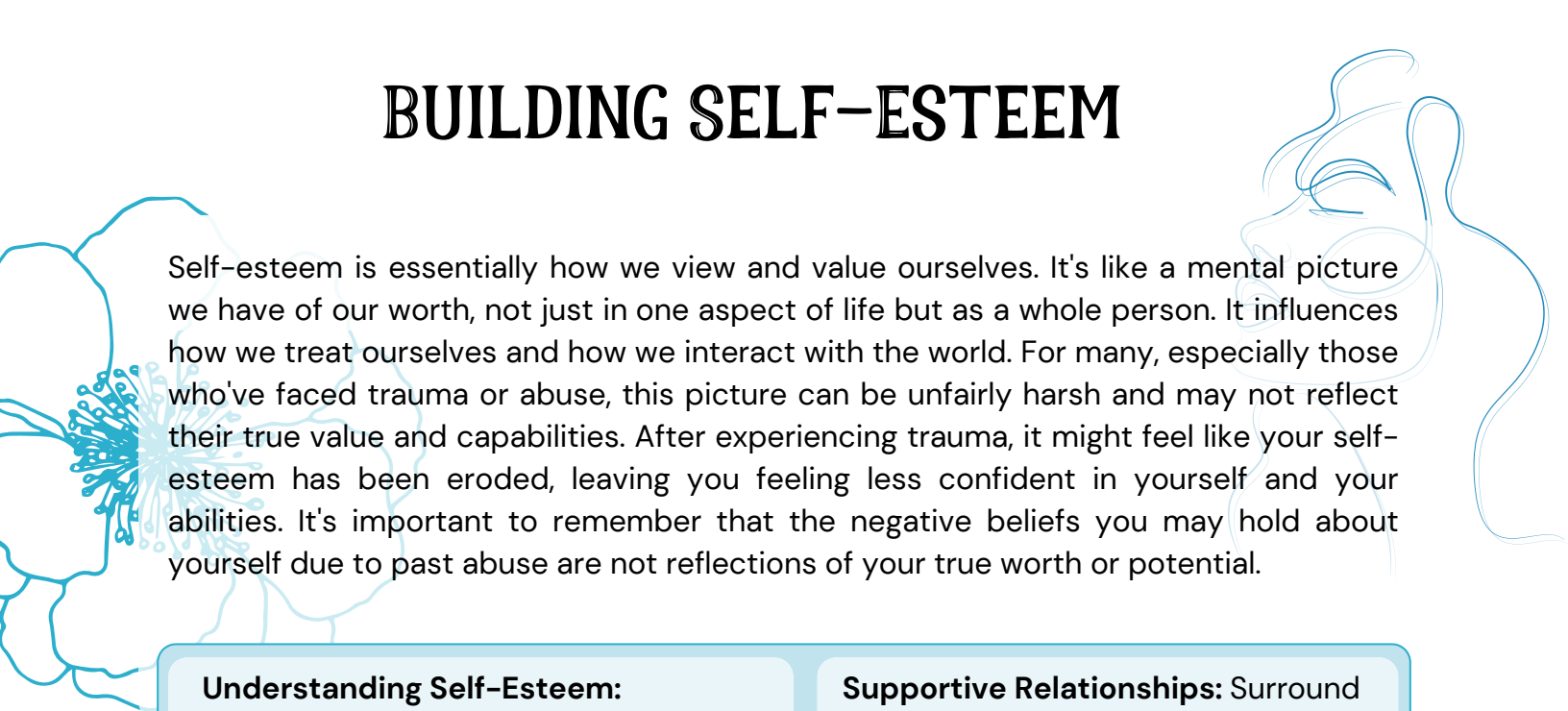


BUILDING SELF-ESTEEM



Self-esteem is essentially how we view and value ourselves. It's like a mental picture we have of our worth, not just in one aspect of life but as a whole person. It influences how we treat ourselves and how we interact with the world. For many, especially those who've faced trauma or abuse, this picture can be unfairly harsh and may not reflect their true value and capabilities. After experiencing trauma, it might feel like your self-esteem has been eroded, leaving you feeling less confident in yourself and your abilities. It's important to remember that the negative beliefs you may hold about yourself due to past abuse are not reflections of your true worth or potential.

Understanding Self-Esteem:

Recognize that self-esteem is not fixed. It can be rebuilt and strengthened over time, despite past experiences. It's about learning to see yourself in a kinder, more positive light.

Self-Compassion: Begin by treating yourself with the same kindness, patience, and understanding that you would offer a good friend. Acknowledge that you're doing the best you can and that healing takes time.

Small Achievements: Set small, manageable goals for yourself. When you achieve them, allow yourself to feel proud. These can be as simple as getting through the day, reading a book, or taking a walk. Every step forward is a victory.

Positive Affirmations: Practice speaking positively to yourself. This might feel odd at first, especially if you're used to criticism. Start by identifying one or two things you like about yourself or did well each day.

Supportive Relationships: Surround yourself with people who support and uplift you. Positive relationships can be incredibly healing and can help you see your worth through the eyes of those who value you.

Professional Support: Consider seeking support from a therapist or counselor who understands the impact of trauma and abuse. They can offer tailored strategies to help rebuild your self-esteem in a supportive environment.

Creative Expression: Many find activities like writing, art, or music therapeutic. These can be powerful ways to express your feelings and experiences, contributing to a sense of accomplishment and self-understanding.

Education: Learning about the effects of trauma and abuse can empower you. Understanding how these experiences have impacted you can be the first step toward reclaiming your self-esteem.

UNDERSTANDING MY SELF-ESTEEM

Rate my self-esteem



My co-workers would say that I am the best at _____

My friends would say that I am the best at _____

My family would say that I am good at _____

I think I am really good at _____

I know that I am really good at _____

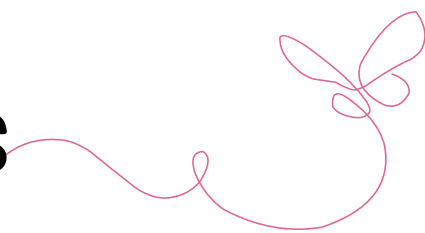
I am unique because _____

I feel good when I am doing _____

I'm proud of _____



SELF-ESTEEM AFFIRMATIONS



Healing and creating better habits is self-care and should be a priority for you. Building your self-esteem and self-care can also go hand in hand. Try writing positive things about yourself on sticky notes and place them on your mirror. Regardless of whether you consciously see them every day, your subconscious will repeat the positivity daily.

"I am worthy of love and respect from myself and others."

"I believe in my abilities and express my true self with ease."

"I am enough, just as I am."

"Every day, in every way, I am getting stronger and more confident."

"I trust myself and my decisions."

"I deserve happiness and success."

"My challenges help me grow and become better."

"I am proud of my achievements, no matter how small."

"I am a valuable and important person."

"I am free from the need for approval from others; my own approval is enough."

"I am capable of overcoming obstacles and reaching my goals."

"I radiate confidence, self-respect, and inner harmony."

"I accept myself unconditionally."

"I embrace my unique qualities and strengths."

"I am kind and compassionate towards myself."

"I attract positive and supportive relationships into my life."

"I allow myself to take up space and assert my needs."

"I am in charge of my life and no one else's opinion defines me."

"I am resilient, strong, and brave."

"My potential to succeed is limitless."

"I honor my journey and celebrate the person I am becoming."

SELF-ESTEEM JOURNAL

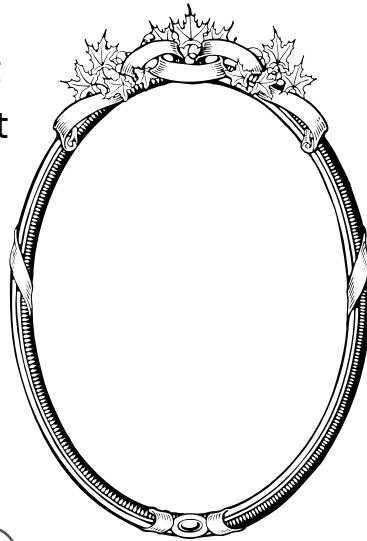
___/___/___

Spend a moment practicing your self-esteem habits. Identifying your strengths and positive moments within your day can help you find what you're good at and the good things about you. Practicing these skills can help you develop better self-esteem over time. You are worth it, and you deserve to feel good about yourself.

Something I did well recently:

Today I accomplished:

Draw your latest accomplishment



I'm feeling



Sad

happy



anxious

depressed



meh



Irritable

Which words describe me best?

Helpful

Innovative

Focused

Creative

Brave

Modest

Courteous

Driven

Resilient

Enthusiastic

Loyal

Nurturing

Kind

Positive

Funny

Recently I felt good when:

Things I'm working on:

SELF-ESTEEM JOURNAL

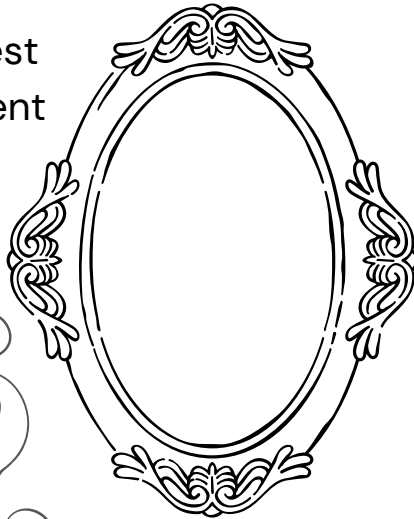
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I had a positive experience with:

I'm Inspired by:

Draw your latest accomplishment



I'm feeling



Sad

happy



depressed



anxious



meh

Irritable



Which words describe me best?

Insightful	Friendly	Hardworking
Responsible	Frugal	Independent
Talented	Innovative	Cheerful
Humble	Nurturing	Motivated
Compassionate	Fair	Thoughtful

Something I did for someone:

Things I'm working to improve on:

SELF-ESTEEM JOURNAL

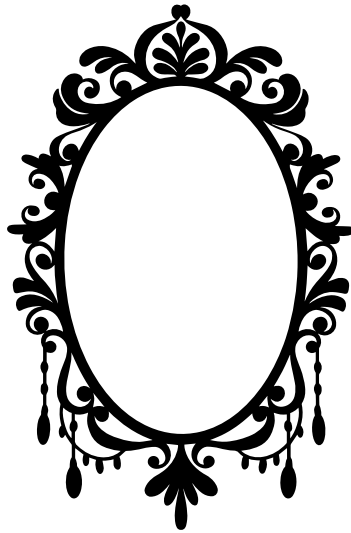
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Something cool I learned recently:

I'm excited about:

Draw your latest accomplishment



I'm feeling



Sad

happy



depressed



anxious



meh

Irritable



Which words describe me best?

Mature	Helpful	Hardworking
Sensitive	Reliable	Balanced
Serious	Cooperative	Strong
Organized	Skilled	Determined
Grounded	Insightful	Decisive

Today was interesting because:

Things I'm working to improve on:

SELF-ESTEEM JOURNAL

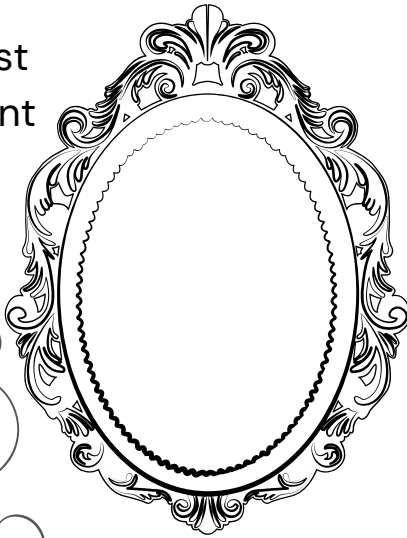
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I'm proud of myself for:

Today I had fun when:

Draw your latest accomplishment



I'm feeling



Sad

happy



depressed



anxious



meh

Irritable



Which words describe me best?

Grateful	Practical	Patient
Attractive	Selfless	Trusting
Grounded	Responsible	Polite
Flexible	Goofy	Outgoing
Confident	Tolerant	Empathetic

A positive thing I witnessed today:

Things I'm working to improve on:

SELF-ESTEEM JOURNAL

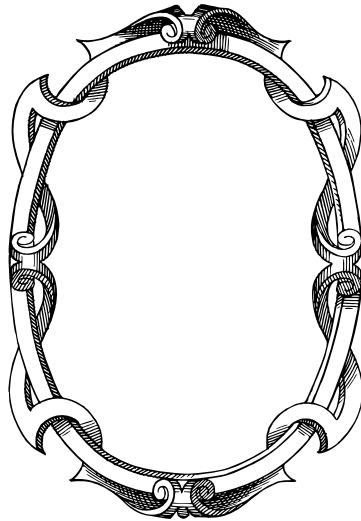
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I'm looking forward to:

I helped someone achieve:

Draw your latest accomplishment



I'm feeling



Sad

happy



depressed



anxious



meh

Irritable



Which words describe me best?

Content	Musical	Hardworking
Free Spirit	Light Hearted	Ethical
Serious	Cooperative	Wise
Organized	Serene	Inquisitive
Easily Amused	Witty	Curious

A goal I reached recently:

Things I'm working to improve on:

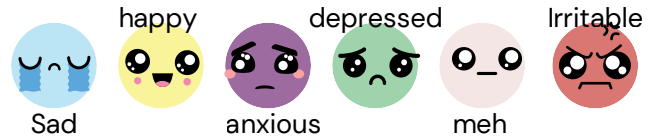
SELF-ESTEEM JOURNAL

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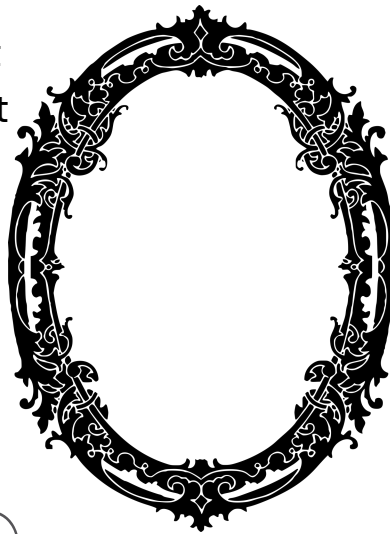
I made progress on:

I'm feeling



I felt good about myself when:

Draw your latest accomplishment



Which words describe me best?

Sociable	Welcoming	Proactive
Warm	Reliable	Inquisitive
Serious	Sociable	Wise
Organized	Skilled	Curious
Artistic	Understanding	Decisive

I felt confident when:

Things I'm working to improve on:

SELF-ESTEEM JOURNAL

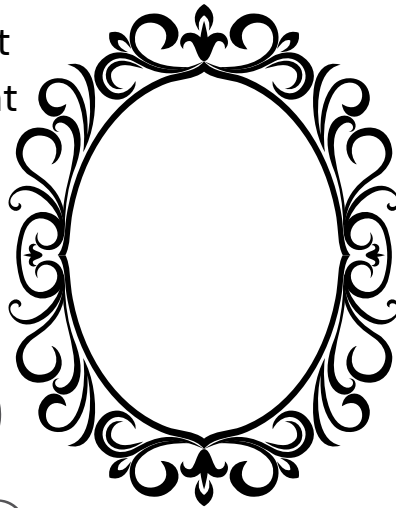
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I made a difference today by:

I inspire myself when:

Draw your latest accomplishment



I'm feeling



Sad

happy



depressed



anxious



meh

Irritable



Which words describe me best?

Resourceful	Giving	Charitable
Generous	Disciplined	Present
Optimistic	Dependable	Calm
Trustworthy	Artistic	Intuitive
Determined	Philosophical	Peaceful

A positive thing I witnessed:

Things I'm working to improve on:

NEGATIVE THOUGHTS

___/___/___

Negative thoughts can have us feeling bad about ourselves. They are not a reflection of who we are. We do not have to take on every thought that passes through our mind and we can practice only accepting the thoughts that make us feel good about ourselves. Having confidence does not mean we are self-absorbed, We deserve to feel good about ourselves.



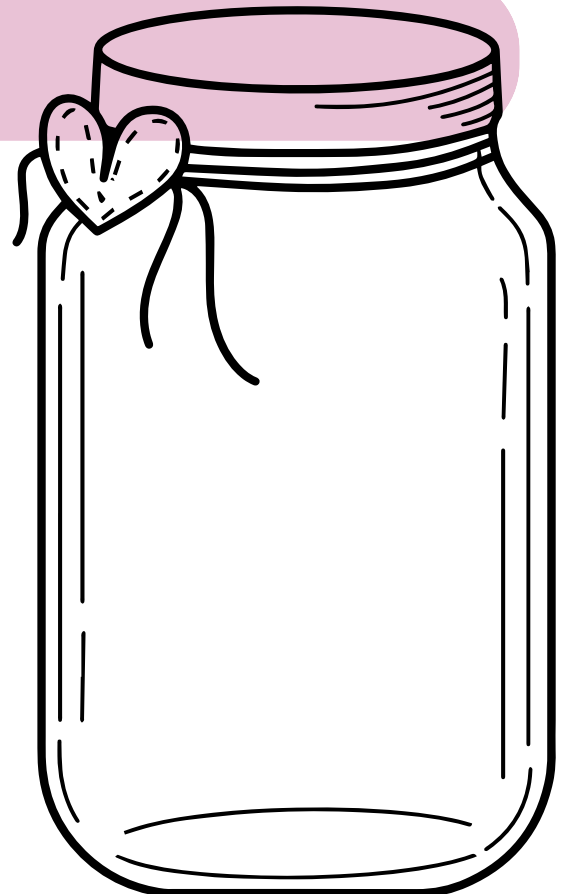
Write any negative thoughts you have for yourself in each blue cloud. Write a positive thing about yourself in each pink cloud.

Circle which cloud(s) you would like to keep and allow the others to drift away in a breeze.

Draw the clouds that you've decided to keep in the jar.

Just like this exercise, you can choose which of your thoughts you want to keep and those you don't want to. Just because we have a negative thought doesn't mean we need to accept it as a truth.

Reflect:



NEGATIVE THOUGHTS

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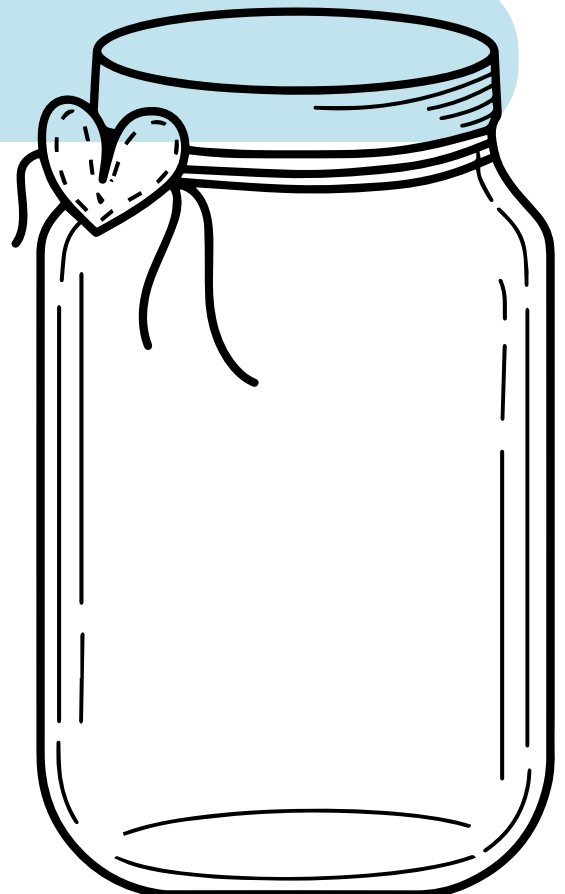
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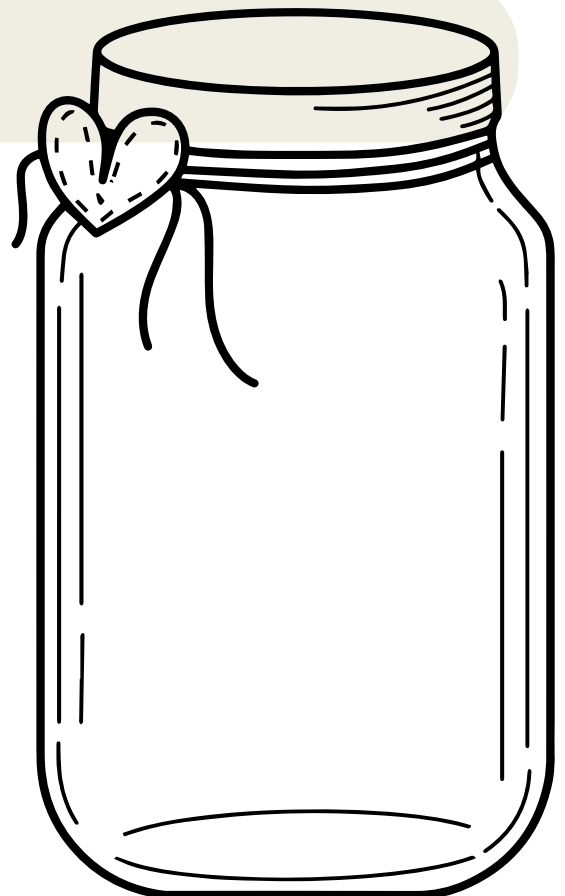
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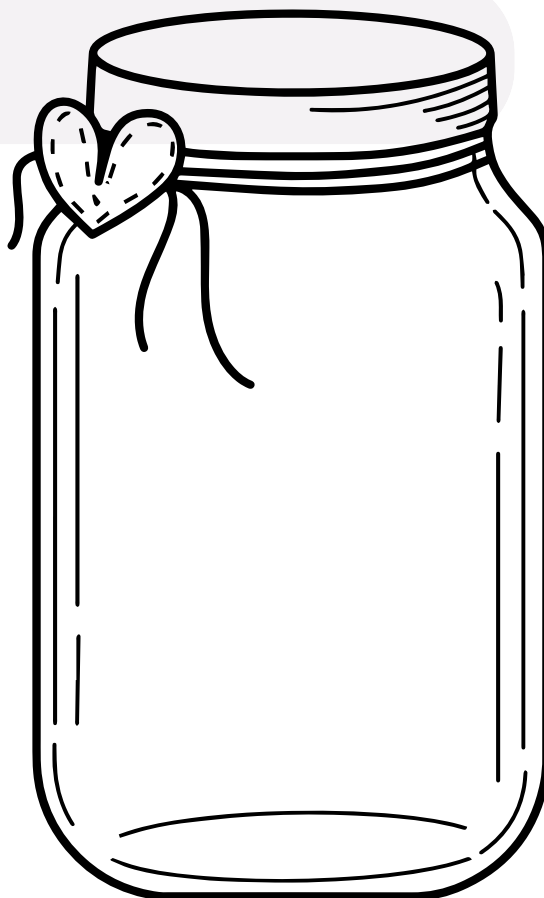
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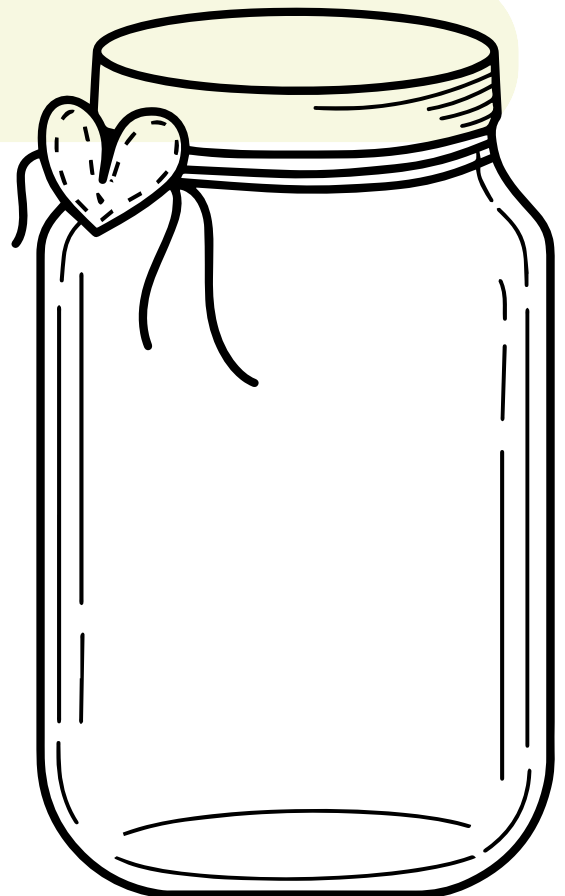
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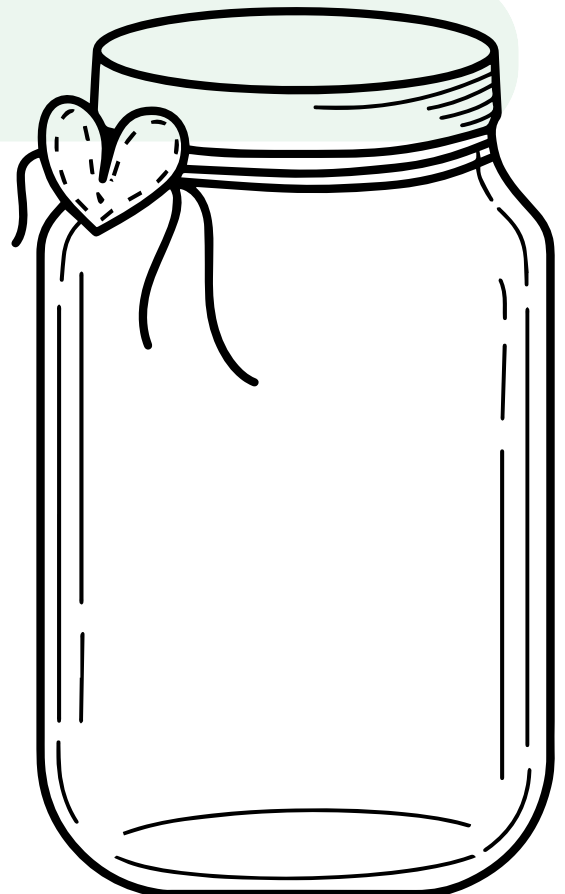
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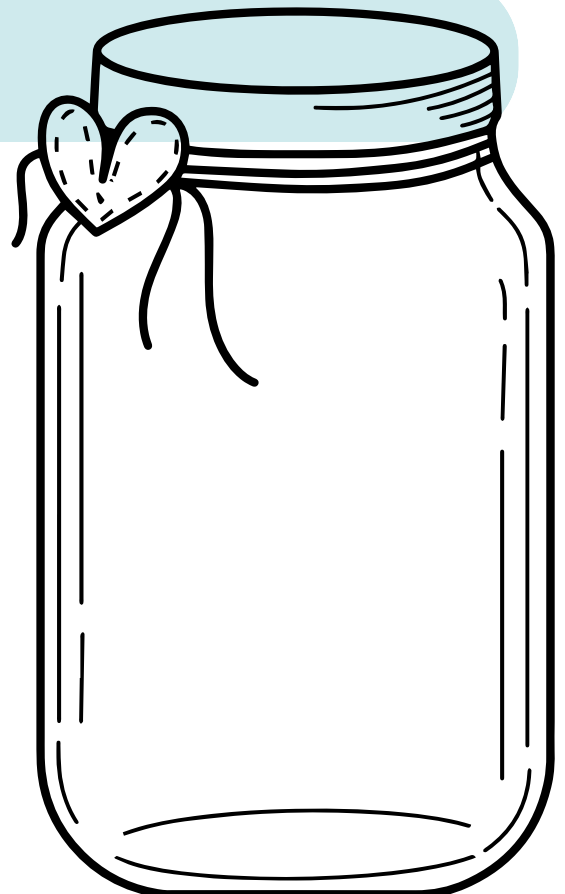
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Reflect:



POSITIVITY JOURNAL

___/___/___

Giving more attention to positivity will help create a more positive and happy life. The practice of notating positive aspects helps pull the mind out of being stuck in the survival and negative mindset bringing more control over one's thoughts.

What are 3 positive things that happened today?

Name an inspirational character from movie

List their strengths

Describe how they use their strengths to overcome challenges

Strengths I've exhibited today

Describe how you used your strengths today

Describe a specific challenge you overcame by using your strengths

Imagine your best self in the next week

How do you look?

What are you doing

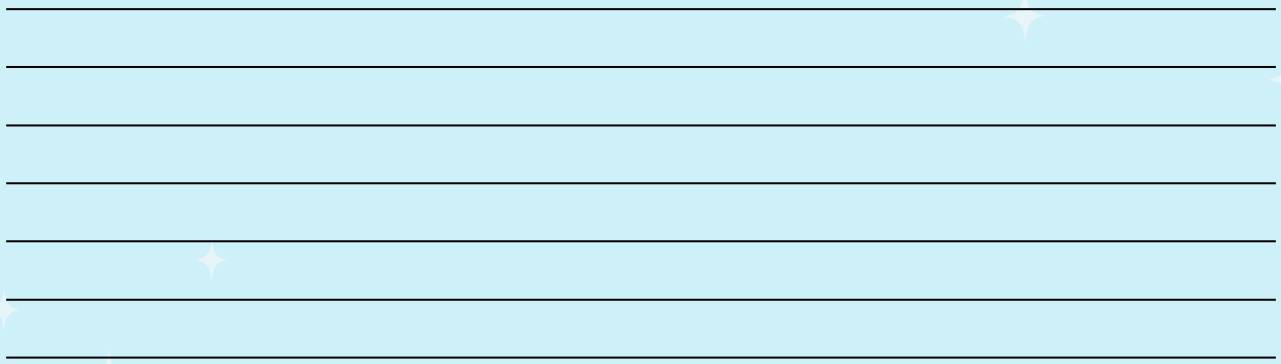
Reflect on your best self. How does it make you feel?

POSITIVITY JOURNAL

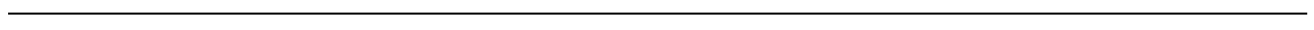
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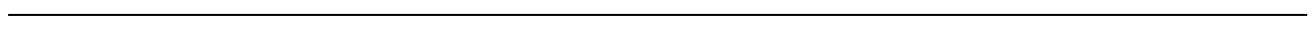
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Name an inspirational character from movie



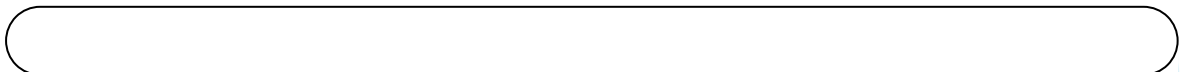
List their strengths



Describe how they use their strengths to overcome challenges



Strengths I've exhibited today



Describe how you used your strengths today

Describe a specific challenge you overcame by using your strengths

Imagine your best self in the next few months

How do you look?

What are you doing

Reflect on your best self. How does it make you feel?

POSITIVITY JOURNAL

___/___/___

Giving more attention to positivity will help create a more positive and happy life. The practice of notating positive aspects helps pull the mind out of being stuck in the survival and negative mindset bringing more control over one's thoughts.

What are 3 positive things that happened today?

Name an inspirational person in your friend group

List their strengths

Describe how they use their strengths to overcome challenges

Strengths I've exhibited today

Describe how you used your strengths today

Describe a specific challenge you overcame by using your strengths

Imagine your best self next year

How do you look?

What are you doing

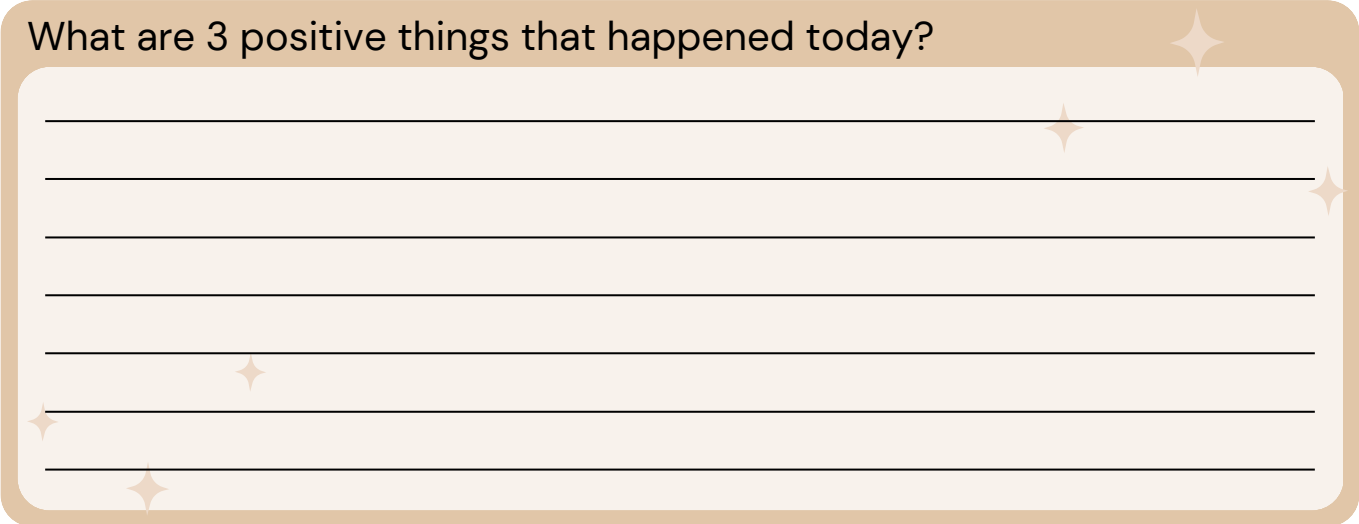
Reflect on your best self. How does it make you feel?

POSITIVITY JOURNAL

___ / ___ / ___

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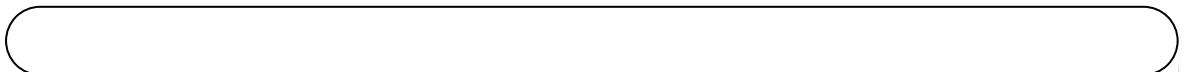


Name an inspirational character from a book you've read

List their strengths

Describe how they use their strengths to overcome challenges

Strengths I've exhibited today



Describe how you used your strengths today

Describe a specific challenge you overcame by using your strengths

Imagine your best self next several years

How do you look?

What are you doing

Reflect on your best self. How does it make you feel?

POSITIVITY JOURNAL

___/___/___

Giving more attention to positivity will help create a more positive and happy life. The practice of notating positive aspects helps pull the mind out of being stuck in the survival and negative mindset bringing more control over one's thoughts.

What are 3 positive things that happened today?



Name an inspirational person that you look up to

List their strengths

Describe how they use their strengths to overcome challenges

Strengths I've exhibited today







Describe how you used your strengths today

Describe a specific challenge you overcame by using your strengths

Imagine your best self

How do you look?

What are you doing

Reflect on your best self. How does it make you feel?

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