

Building Self-Esteem

Session 2

Weekly Check-In

- How has your week been overall?
- What's one thing that made you smile this week?
- How are you feeling today?



Targets

Remember your targets from the last session? Use the space below to write about what you did to complete your target. How did it feel when you were doing them?

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Positive Self-Talk

Have you ever heard of self-talk before?

Self-talk is the way we speak to ourselves, either out loud or in our head. It can be positive or negative.



Sometimes when people have low self-esteem they may say mean things to themselves like: "I'm so stupid" or "I'm rubbish at everything!"

This is called **NEGATIVE** self-talk.

People with high self-esteem usually talk to themselves in a much kinder way. They might say things like: "It's okay that I made a mistake, I will try again" or "I did that really well!"

This is called **POSITIVE** self-talk.

Can you think of a time you might have used negative and positive self-talk to yourself?

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Changing your Self-Talk



Click the video to watch a YouTube clip on Self-talk

Would you talk to your best friend the way you speak to yourself when you make a mistake? If the answer is no it probably means you need to work on being kinder to yourself and improving your positive self-talk.

What did you notice about the girl in the video when her reflection started being kind to her?



Being kind to yourself and using positive self-talk is a great way to boost your self-esteem. The more we use our positive self-talk, the stronger it becomes! Almost like growing your own special superpower to use to cheer you up when things get hard. Now that sounds pretty cool doesn't it?

Changing your Self-Talk

Activity: Imagine your friend is using negative self-talk. In the space next to each one can you write something kind to say to your friend instead?

Friends negative self-talk

Positive self-talk

"I got a rubbish mark in that maths test. I'm so dumb compared to everybody else!"

"I never score in football. I'm so rubbish. I bet everyone thinks I'm a terrible football player!"

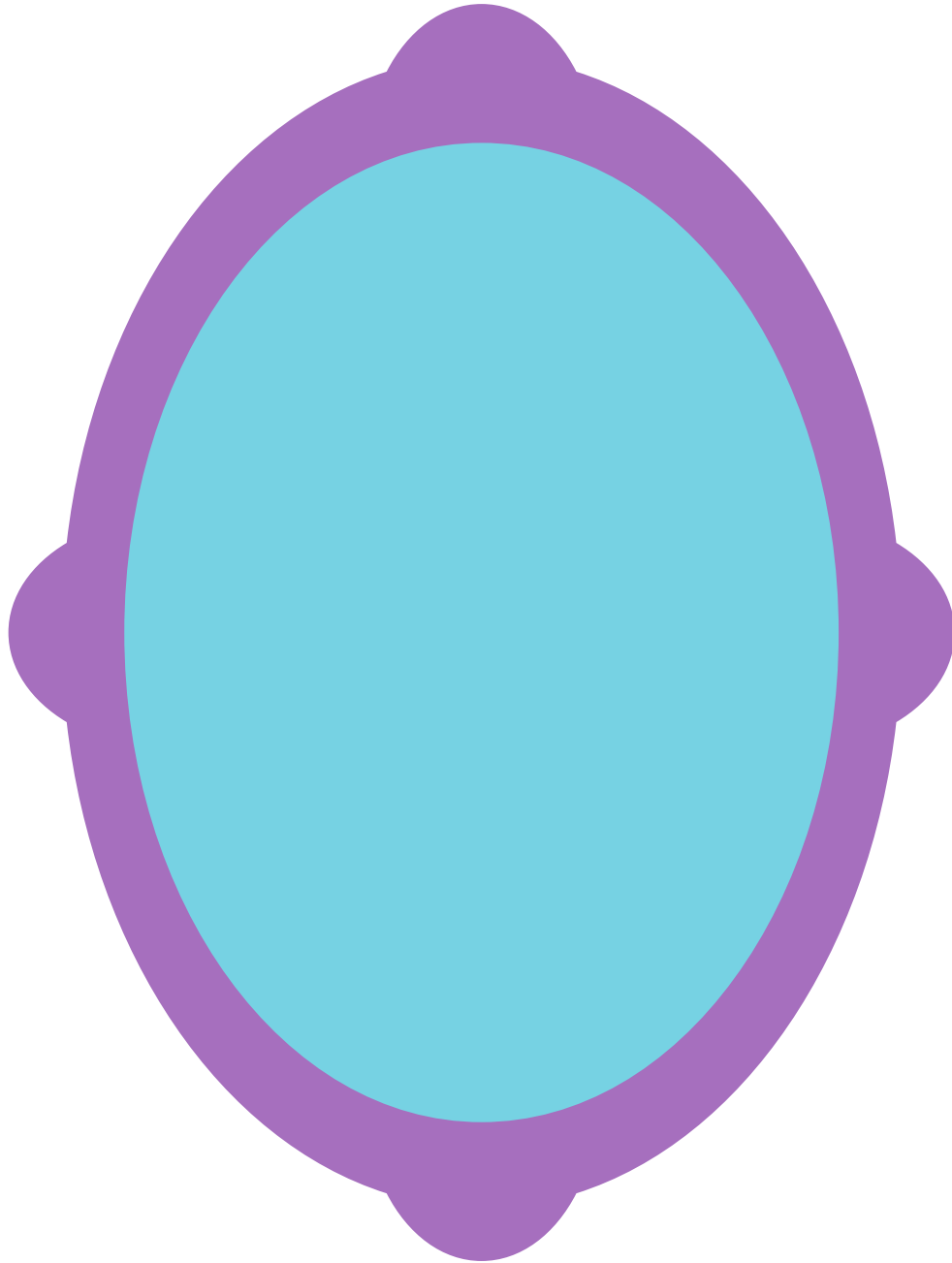
"I don't like the same things as some of my other friends. I'm so weird!"

How easy was it to think about kind things to say to your friend? We bet you were really good at it which is great news because it shows you know how to be kind.

Now try saying the same things to yourself. How does that feel? You deserve kind words just like you would give to your friend. Next time you notice yourself doing negative self-talk, imagine what you would say to your best friend and then say that to yourself!

Reflection in the Mirror

Draw a picture of yourself in the mirror.



Now around the outside of the mirror can you write down some of the kind things your reflection might say to you if it could talk, just like in the video? It might say you're a really good friend or that you're great at football.

Weekly Targets

Try using positive self-talk this week. Once a day try to say those kind things to yourself from the mirror activity on page 5.



What are you going to do to complete your target? e.g.
when/where/how are you going to try using positive self-talk?

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Please aim to leave at least 5 days before completing session 3 of this workbook. This will give you time to complete your targets!

Information Page

If you are under 18, any professional working with you can refer you to Mind for further support. You can direct them to this website for more information:
<https://cwrise.com/how-to-refer-to-services/>



You can find resources, helplines and a Mental Health Survival Kit on our website by following this link:

<https://cwmind.org.uk/category/children-young-people-resources/>

