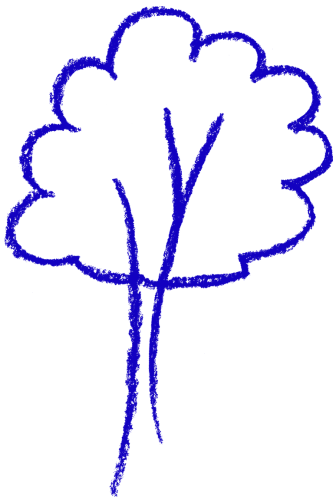


Building Self-Esteem

Session 3

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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Being Assertive

Being assertive is a way of communicating. When you are assertive it means you are able to say how you really feel or what you really want, with confidence, respect and honesty.

When people have low self-esteem, they can find it hard to be assertive at times. This is because they don't feel confident in saying how they really think or feel. They might be scared they will be judged or they may believe what they have to say isn't valuable enough.



There are 3 ways people might communicate:

Passive

- Doesn't say how they really feel
- Let's others make decisions for them
- Speaks quietly in conversations
- Doesn't feel like what they say is valid or important
- Finds it hard to say 'No'



People who act too passively often end up feeling taken advantage of. They may begin to feel hurt, angry, or resentful. When you hold back what you think and feel, others don't get to know or understand you as well as they could.

Aggressive



- Thinks their opinion is the most important
- Can be bossy
- Can be hurtful or say mean things when somebody disagrees with them
- Doesn't listen or take on board what other people think or feel

People who come across as too aggressive can find it difficult to keep friends. They may take control of conversations or give their opinions too forcefully, leaving others feeling put off or disrespected. People with an aggressive style may get other people to do things their way, but many times they end up being rejected or disliked. They often lose the respect of others.

Assertive



- Gives their opinion in a calm and friendly way
- Listens to what other people have to say
- Feels able to say 'no' to things they don't want to do
- Contributes in conversations because they see their thoughts and feelings are just as important as everybody else

Being assertive is the happy medium. They don't get pushed around (passive) nor do they push others around (aggressive). They respect themselves just as much as they respect others and people tend to like and respect assertive people. This is because they are confident, honest and respectful.

Passive-Aggressive



Another communication style that is worth keeping in mind is 'Passive Aggressive'. We won't talk about this one in detail today but it is a combination of being both passive and aggressive at the same time. For example: ignoring people, refusing to speak to them, or being sarcastic or sulky when somebody has done something to upset you rather than speaking to them directly. You can learn more about passive-aggressive communication by clicking [HERE](#).

Activity

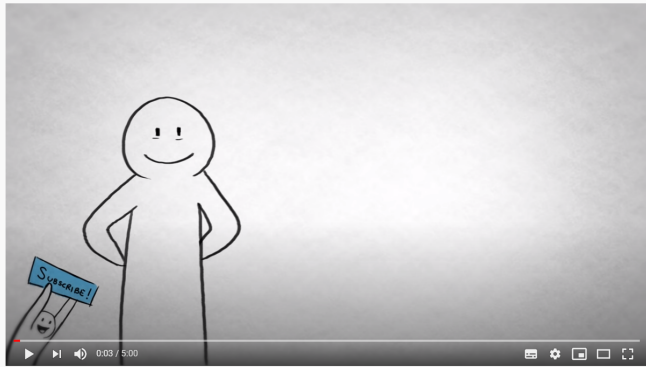
In the table below, can you give some examples of a time you have witnessed somebody being passive, aggressive and assertive. It might be a family member, friend or yourself.

Communication Style	Example
Passive 	
Aggressive 	
Assertive 	

Which communication style do you think you fit into mostly?

People aren't born with the skill of being assertive. It is something you have to practice, just like any other skill. The good news is that with enough time and practice, you can learn how to be assertive too.

How to be Assertive



Click the video to watch a Youtube clip on How to Be Assertive



Check out these great tips from Childline on 'How to be Assertive'

5 ways to be assertive:

- practise what you want to say first, or try writing it down to prepare yourself
- act calm and confident by standing up straight and not fidgeting
- make eye contact
- say what you want, clearly and politely
- don't apologise when asking for something you need.

What do you think you need to work on to practice being more assertive?

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Know Your Worth

When we have low self-esteem and don't feel very confident, it can be easy for us to forget what we deserve. We might put other people's needs before our own or ignore what we really want or need.



Part of growing our self-esteem is knowing what we want and how we deserve to be treated. Sometimes we can forget our rights so take a look at the list below to remind yourself of what you deserve!

Bill Of Rights

1. I have the right to say what I need, wherever I am and whatever I am doing.
(This does not mean this need will be met by others)
2. I have the right to be treated with respect, and as an equal human being.
3. I have the right to say how I am feeling.
4. I have the right to say “yes” or “no” and to make my own decisions.
5. I have the right to give my own opinions.
6. I have the right to make mistakes.
7. I have the right to change my mind.
8. I have the right to say that I do not understand.
9. I have the right to ask for what I want (although you may not get it).
10. I have the right not to be held responsible for other people's problems.

Remember that everyone else have these rights too!

Are there any rights you think you need to remind yourself of more often? Where do you find yourself feeling like you don't have these rights?

Weekly Targets

How are you going to practice being more assertive this week? E.g. giving your opinion in a discussion or giving more eye contact when you talk.



This week I am going to work on:

1).....

2).....

Remember: Being Assertive doesn't just happen over night. This is something that is going to take time and practice but, if you keep trying you will soon feel more in control.

Click [HERE](#) to go to Childline's website for more information on Being Assertive.

Please aim to leave at least 5 days before completing session 4 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/>

