Self-esteem and Labelling Workbook

What extrinsic conditions affect my self-esteem?

- ☐ My family
- ☐ My relationships
- ☐ My career success
- ☐ My financial status
- ☐ My physical appearance
- ☐ My social presence and popularity
- ☐ My ethnicity
- ☐ My wealth
- ☐ My possessions
- ☐ My academic qualifications
- ☐ My religion

If none of the above: _____

How do these conditions affect my self-esteem?

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Is basing my self-esteem on these conditions rational and realistic? Yes | No

If yes, how is it rational and realistic?

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Unhealthy Label	Healthier Alternative Statement
I'm useless	I do many useful things
I'm stupid	Doing stupid things sometimes doesn't mean that I am stupid
I'm pathetic	I have capabilities and I am capable
I'm bad	I am a person with both a good and bad side and good qualities
I'm weak	I have both strengths and weaknesses
I'm a failure	I am fallible and have had success and failure
I'm worthless	I am worthwhile and worth it
I'm inadequate	I have talents and skills
I'm defective	I am human and have deficiencies, but I am not deficient
I'm unlovable	People can love me and I worth it
I'm crazy	Doing crazy things does not make me crazy
I'm inferior	I have equal worth to anyone else
I don't matter	I have significance

What are the unhealthy labels that I give myself?

What is the basis for giving myself these labels?

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What are some of the aspects that I may be overlooking?

Is my basis for giving myself this label fair, rational and realistic? Yes | No

If yes, how is it rational and realistic?

How is putting myself down affecting my mood?

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How is putting myself down affecting my thoughts?

How is putting myself down affecting my behaviour?

How is putting myself down affecting my self-esteem?

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Being a fallible human being, can I take a more forgiving view of myself? Yes | No

If No, what is the cause and am I being rational and realistic?

Why is it important that I change this label of myself?

Why is it important that I am specific about how I label myself?

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What is it about me as a person that is positive, good and that I know I do well?

What are some of the healthier, more positive alternative statements that I can use?

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What is my accepting attitude?

Why does this new attitude make sound, logical sense?

How does this attitude fit with reality?

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In what ways is this accepting attitude beneficial to me, my mood, my thoughts, my feelings, my behaviour and my self-esteem?

In what ways is this accepting attitude beneficial to others?

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In what ways will I need to change my thoughts about myself to accomplish a lasting accepting attitude?

In what ways will I need to change my behaviours to accomplish a lasting accepting attitude?

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