

Reflection: Self-Esteem Activity

This questionnaire will provide you with a little insight about how you see yourself. Try to respond without thinking through the choices. Your "gut reaction" is probably the most accurate. Be as honest as you can with yourself. Respond according to how you *probably* would act in the given situation most of the time.

Directions: Circle the letter of the phrase representing how you would act.

- In school, the teacher and some students are discussing recycling, a subject you really care about. You:
 - wait and see who else participates before speaking up.
 - let them know what you think right away.
 - listen to them, but don't share your own views.
- The drama club is holding auditions for their upcoming musical. You've heard their productions are tough to get into, but you've always wanted to act. You:
 - audition for the fun of it; you'll never make it, but at least you can say you tried.
 - read the play and watch the movie version a few times before the audition so you can knock 'em dead when the big day arrives.
 - sign up to audition but chicken out at the last minute.
- You're really disappointed about not getting that spot on the basketball team, but at least it went to a classmate who deserved it. When you find yourself sitting at the same lunch table, you:
 - don't say anything; you're too upset; you think you are such a loser and you could never be happy for him/her.
 - congratulate him/her.
 - congratulate him/her, saying that he/she deserved the spot and then think to yourself that you won't give up and maybe will use your talent in a different sport or activity.
- You're at a going-away party for a friend who's moving out of state, and the host has asked everyone to say a few words about the guest of honor. You:
 - leave the party a little early right before the speeches start.
 - mumble "He/she's a good kid," and let the next person talk.
 - describe all of the fun times you and your friend have had.
- You're on a ski trip with your girlfriend/boyfriend and his/her family. You have never skied before and when it's time to hit the slopes you:
 - head for lessons on the smallest hill; if you do well you'll try out the more difficult trails with your girlfriend/boyfriend later.
 - spend every day on the smaller hill; you're not about to risk life and limb on a harder hill.
 - announce that it's too cold to ski; you'll be happier inside with TV and a warm fire.

Now add your points according to how you have answered.

1. a. 2, b. 3, c. 1 2. a. 2, b. 3, c. 1 3. a. 1, b. 2, c. 3 4. a. 1, b. 2, c. 3 5. a. 3, b. 2, c. 1

12-15: You are confident, believe in yourself and are willing to take risks; you have good self-esteem. 8-12: Somewhat confident, you seem to be sure of yourself sometimes, but not all of the time. You don't want to take too many chances on things that you aren't sure about. 5-8: You appear not to believe in yourself very much. You never want to take any risks because you don't think you can do it. Your problem is that you don't really realize what great potential you have. It might be a good idea to talk with someone who can help you to see all the good inside you.

Reflection

Looking to your family or ancestry fill in the positive traits you think you have inherited.

Gifts

