

## Some Steps In Loving Myself

1. Stop all self-criticism.
2. Stop scaring myself with fear thoughts.
3. Be gentle, kind and patient with myself.
4. Stop needing to be perfect.
5. Support myself.
6. Ask for help with a safe support system.
7. Love my "negatives" (mistakes, shadow, painful feelings, etc.).
8. Care for my body (right nutrition, exercise, etc.).
9. Mirror work.
10. Accept the things I cannot change.
11. Change the things I can.
12. Begin loving myself right now, unconditionally.

## Self-Esteem Checklist

**1.** What's important to your self-esteem? For each of the following, rate the skill, possession or characteristic according to its influence on your self-esteem. A rating of 1 means it has little influence on your self-esteem, and 10 means it's critical to your self-esteem.

- Athletic ability ..... 1 2 3 4 5 6 7 8 9 10
- Grades at school ..... 1 2 3 4 5 6 7 8 9 10
- Personal looks ..... 1 2 3 4 5 6 7 8 9 10
- Size of home and make of family car ..... 1 2 3 4 5 6 7 8 9 10



- Personality ..... 1 2 3 4 5 6 7 8 9 10
- Expensive clothes ..... 1 2 3 4 5 6 7 8 9 10
- Popularity at school ..... 1 2 3 4 5 6 7 8 9 10
- Musical talent ..... 1 2 3 4 5 6 7 8 9 10
- Being a Christian ..... 1 2 3 4 5 6 7 8 9 10

- Friends ..... 1 2 3 4 5 6 7 8 9 10
- Sense of humor ..... 1 2 3 4 5 6 7 8 9 10
- Relationship with parents .. 1 2 3 4 5 6 7 8 9 10
- Hobbies ..... 1 2 3 4 5 6 7 8 9 10



**2.** Circle whether you agree or disagree with each of the following statements.

- The way my parents treat me has little to do with my self-esteem.  
Agree/Disagree
- If I'm not a part of the "in" crowd, it affects my self-esteem.  
Agree/Disagree
- Wearing expensive clothes and looking good doesn't help my self-esteem.  
Agree/Disagree
- Being a quiet person greatly affects how much others like me.  
Agree/Disagree
- It helps my self-esteem to have one thing I'm good at.  
Agree/Disagree

**3.** What's one thing about yourself that helps you like who you are?

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