



Self-Esteem Building Questions

Below are items which are found within a self esteem scale and your endorsement of these items can indicate your current level of self esteem. To develop your self esteem, challenge yourself to reflect on each item. Choose one item per day to spend 10 minutes reflecting on.

Item 1: "I feel that I'm a person of worth, at least on an equal plane with others"

- When do you notice yourself comparing your worth to others? Describe a recent example.
- What would it mean for you if your worth didn't depend on how you measure up to other people?

Item 2: "I feel that I have a number of good qualities"

- What beliefs make it hard to recognise your good qualities? Give an example of when they show up.
- Describe yourself as a whole person—what strengths and limitations do you notice?

Item 3: "All in all, I am inclined to feel that I am a failure"

- Think of a specific time you struggled or failed at something. How did you go from that experience to feeling like a complete failure?
- What areas of your life tell a different story than "I am a failure"? Give examples.

Item 4: "I am able to do things as well as most other people"

- Describe a time you told yourself you "must" perform as well as others. What happened, and how did that belief affect you?
- What would accepting yourself look like, even in areas where you're not as skilled as others? Give an example.

Item 5: "I feel I do not have much to be proud of"

- What beliefs or attitudes tell you what you "should" have accomplished by now? Where did these beliefs come from?
- How might pursuing meaningful goals feel different if you have already accepted yourself now? Describe what that might look like.

Item 6: "I take a positive attitude toward myself"

- Think of a recent time you had negative thoughts about yourself. What happened, and what belief was driving those thoughts?
- What would self-acceptance (not just positive feelings) look like in your daily life? Give a specific example.



Item 7: "On the whole, I am satisfied with myself"

- Describe a specific situation where you judged your whole self based on one thing you did or didn't do. Walk through what happened.
- What would it look like to work toward your goals while also accepting who you are today? Give an example from your life.

Item 8: "I wish I could have more respect for myself"

- What conditions have you set up for respecting yourself? Describe what needs to happen before you "allow" yourself respect.
- Imagine you already have basic self-acceptance without needing to earn it. How might that change how you approach your day tomorrow?

Item 9: "I certainly feel useless at times"

- Describe a recent time you felt useless. What happened, and what stuck point turned that situation into a belief about your whole worth?
- Think about the difference between your actions (what you do) and your worth (who you are). What does this distinction mean to you?

Item 10: "At times I think I am no good at all"

- When you think "I am no good at all," what specific situations trigger this? Give recent examples.
- What evidence from your life contradicts the idea that you're completely "no good"? Be specific.
- Describe how all-or-nothing thinking affects you. What might a more balanced perspective sound like?

These questions invite you to explore specific examples from your life, identify beliefs, and reflect on alternative ways of thinking about yourself.

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