

DivaTude Workshop Exercise 5

The Relationship Between Self-esteem and Self-belief

Our self-esteem rises and falls in direct proportion to our self-belief so any discussion of self-esteem must involve our self-beliefs.

Your Self-Image

What do you believe to be true about yourself Look at the words. Read through this list putting the words 'I am' before each and score as follows:

- 0 almost never**
- 1 sometimes**
- 2 often**
- 3 almost always**

tolerant	articulate	interesting
depressed	worthless	lovable
adventurous	kind	shy
bossy	negative	lazy
cynical	trustworthy	unemotional
intelligent	supportive	amusing
irritable	worthy	joyful
self-conscious	proud	critical
free	caring	predictable
stupid	self-aware	foolish
sensitive	indecisive	happy
protective	passive	optimistic
overbearing	miserable	demanding
capable	flexible	temperamental
fearful	helpless	confident
boring	sensitive	controlled
intuitive	embarrassed	reflective
guilty	spontaneous	rigid

1. Look at where you scored 3. What do you think that you are almost always?

I am almost always:

These characteristics are part of your self-image. Now consider the ways in which these features of your personality affect your level of self esteem.

Which, if any, of these characteristics would you like to change?

2. Now look at where you scored 0. What do you believe that you are almost never?

I am almost never:

Your self image does not include these features. Think of the ways in which the apparent lack of these qualities affects the level of your self esteem.

Which, if any, of your “almost never” characteristics would you like to increase?

3. Chose the statement which you think is most important. This is your core belief about yourself, the personal self-belief which underlies your self-image.

My core belief is that I am:

What does your core belief reveal to you? Does this statement criticize you or appreciate you? Does it support low or high self-esteem?