

## Self-Worth Assessment

- Are you unable to accept compliments easily? \_\_\_\_\_
- Are you your own worst critic? \_\_\_\_\_
- Do you feel like you've never understood what it means to love and accept yourself unconditionally? \_\_\_\_\_
- Do you feel the need to accomplish things to feel worthy of love? \_\_\_\_\_
- Do you find yourself often unable to sit still without thinking that you should be doing something? \_\_\_\_\_
- Do you have no recollection of feeling whole or complete? \_\_\_\_\_
- Do you often feel guilty if you say "no" to someone's request? \_\_\_\_\_
- Do you usually find it difficult to treat yourself with kindness? \_\_\_\_\_

If you answered "yes" to most of the questions above, then you may have low self-worth

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## Self-Worth Worksheet

1. Write down about personal causes and experiences that affected your self-esteem. (e.g. Repeated experience of being put down, Possible experience of being treated in a particular way within a family framework, Criticism and negative messages from parents or school environment, Bullying from a parental figure or school peers, etc.)

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2. Take a moment to think about your self-talk. What are some examples of statements that you'd usually tell yourself?

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3. Imagine a close friend having the same negative beliefs about themselves. What would you tell them?

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Now say it to yourself!