

HIGHER OR LOWER

On the arrow below look at the things that might lower your self esteem. There is space for you to add more if things that affect you are not on the list. Once you have done this, look at each individual statements and rank them from 1 to 10 (10 being 'affects me a lot' and 1 being 'affects me little'). Have a look at with your partner and compare your rankings, are they different? Are some things the same? Then on the arrow that raises your self esteem, think of some things that you personally find makes you feel good about yourself.



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