



Therapy Unit 10: Self-Esteem

Worksheet 10.3. Be aware of your strengths

Think about your own strengths (What abilities do I have?): <i>e.g.: I am good with computers...</i>	Describe specific situations (When and where? What did I do exactly?): <i>e.g.: Last week I helped a friend to install a new software program...</i>

Name your strengths and write them down!

Read this regularly and try to expand on it. If a crisis occurs, refer back to it (e.g., when you think you are worthless). For example, write down things that went well or compliments you received...