



Therapy Unit 10: Self-Esteem

Worksheet 10.5. Information about therapy unit 10

Self-esteem is the *value* we place on *ourselves*. It is therefore never *objective*. Self-esteem is not constant; rather it can vary across different activities.

During or after a mental illness (e.g. psychosis, depression) self-esteem can be impaired. One cause for this can be focussing on all the aspects of life one is unhappy with, while disregarding all the other ones.

Try to strengthen your self-esteem by using some of the presented techniques (e.g. keeping a "joy diary"; "shelf exercise"; "pellets exercise").

Strengthen the *inner benevolent companion*, when the inner critic is being "too loud".

Use the worksheets your therapist gave you.

The discussed techniques are meant to help building a healthy and durable self-esteem.

What aspects of the therapy unit Self-Esteem do I find particularly useful/helpful?

When and in what specific situation do I want to apply/practise what I learned during the coming week?

What remained unclear to me? What do I want to ask in the next session?