

TIPS FOR TEENS

BUILDING POSITIVE SELF ESTEEM



What is self-esteem?

Self-esteem is how you feel about yourself.

What does a person with good self-esteem look like?

People with good self-esteem have self-confidence and self-worth. They also believe that they can accomplish goals and are able to focus on their strengths.

What does a person with low self-esteem look like?

Individuals with low self-esteem tend to view themselves poorly and feel that others view them the same way. These people also may put themselves down a lot. For example, they may often say or feel, "I am so stupid," or, "Everyone hates me."

TIP 1: LOOK AT ALL OF YOUR POSITIVE QUALITIES

Sometimes we forget what our strengths are, but we all have them. If you think hard you can find and remember these qualities about yourself.

TIP 2: TAKE ON A NEW CHALLENGE

Is there something you thought might be very difficult and were scared to try? Taking on a new challenge (even if you don't succeed) will help build your self-esteem.

TIP 3: POSITIVE SELF-TALK

Keep telling yourself, "I can do this," or, "I am smart." If you need to practice, try it in front of a mirror or with friends and family.

TIP 4: KEEP A JOURNAL

Try writing down your positive qualities at least three times a week. If you start feeling bad about yourself, look at your journal as a reminder of your self worth.

TIP 5: ACCEPT DEFEAT

Making mistakes is OK! Everyone makes mistakes; it does not mean you should feel bad about who you are. In fact, we learn and grow through making mistakes. You already succeeded by taking a chance.

TIP 6: SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD

You will meet a lot of new people as you continue to grow. Some will see the best in you and make you feel good about yourself. Despite your best efforts, others will put you down and will leave you questioning yourself. It is important to spend time with people who make you feel good. Remember, people who put others down might not feel good about themselves.

©2004 National Association of Social Workers. All Rights Reserved.