

FREE WORKSHEET · CONFIDENCE & SELF-WORTH

How I See Myself

Question the verdict you have reached about yourself

Low self-esteem often rests on a single, long-held verdict about yourself: "I'm not good enough", "I'm stupid", "I don't matter". The psychologist Melanie Fennell called this the bottom line. It usually forms early, from experiences that were real at the time, and then quietly filters everything since: what fits is noticed, what does not is dismissed.

To live with it, people develop rules: "I must never make a mistake", "If I say no, people will reject me." The rules feel protective, but they keep the verdict intact.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

01

Find the verdict and the rules

EXERCISE

The bottom line

Think of a recent time you felt bad about yourself. Ask: what does this say about me? And if that were true, what would it mean? Keep asking until you reach a short statement about who you are.

1. My bottom line, in a few words:

2. Where I think it came from:

The rules I live by to protect myself

RULE ("I MUST...", "IF..., THEN...")	WHAT IT COSTS ME

02

Gather the other evidence

The verdict ignores anything that does not fit. Start collecting it, deliberately. Aim for twenty things over a couple of weeks: qualities, skills, kindnesses, things you have handled. Small counts.

GOOD QUALITY OR THING I DID	AN EXAMPLE OF WHEN

EXERCISE

A fairer view

1. A more balanced statement about myself, based on all the evidence:
