

Accepting Your Strengths & Weaknesses

1. What are the parts of yourself that you love? What are your most positive qualities that you use to help you successfully get through each day?
2. Generate a list of your "not so positive" qualities/traits.

<i>My Positive Qualities</i>	<i>My Not-So- Positive Qualities</i>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3. How do you define self-esteem?

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4. How would you describe someone who displays high self-esteem?

5. How would you describe someone who displays low self-esteem?



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6. On the scale below, please rank your current level of self-esteem. (10 being high and 1 being low)



7. What do you think the relationship is between self-esteem and using drugs/alcohol or entering into negative relationships with others?

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8. Do you know anyone (including yourself) with low self-esteem?

9. What advice would you give or what could you do to help this person raise his/her self-esteem?

10. What is one thing you can do to help you increase your self-esteem?