

(Found in Part One, Section 1)

HOW DOES LOW SELF-ESTEEM AFFECT A PERSON?

Think of a recent meeting with someone you know who you consider to have low self-esteem:

1. **What did you talk about?** (For example, did you hear lots of apologies, or a lot of self-criticism, self-blame or self-doubt?)

2. **How did the person behave?** (Did he or she sit hunched over, looking down? Did he or she speak in a hushed voice, or avoid making eye contact? Or did you perhaps have the feeling he or she was putting on a front – working hard to appear cheerful, for example, or trying too hard to please instead of relaxing and being natural?)

EXTRA CHARTS AND WORKSHEETS

3. **What sort of mood was the person in?** (For example, did he or she seem sad, shy, anxious, ashamed, hopeless, frustrated or angry?)

4. **How was the person's body state?** (For example, did he or she seem tired, low in energy, restless or tense?)
