

THE OVERCOMING LOW SELF-ESTEEM HANDBOOK

(Found in Part One, Section 2)

*Biased perception (focusing on weaknesses and ignoring strengths)*

Think back over the last week or two and write down three occasions when you focused on a weakness or ignored a strength:

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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EXTRA CHARTS AND WORKSHEETS

*Biased interpretation (always seeing the downside)*

Write down three recent occasions when you twisted something that happened to fit your negative view of yourself:

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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