

History of Your Self-Esteem

Elementary School

- How did you feel about yourself when you were a student in elementary school? Was your self-image positive or negative? Explain.
- Who or what was the biggest influence on your self-image and self-esteem at this time? Why?

High School

- How did you feel about yourself during high school? Was your self-image positive or negative? Explain.
- Who or what was the biggest influence on your self-image and self-esteem at this time? Why?

Today

- How do you feel about yourself today? Is your self-image positive or negative? Explain.
- Who or what is the biggest influence on your self-image and self-esteem today? Why?

The Future

- Do you think you will feel better about yourself in the future than you do today? Why or why not?
- What do you think the biggest influence on your self-image and self-esteem will be in five years? In ten years? Why?