

Name _____

Building Your Self-Esteem: The Key to Confidence

Open-Ended Response Answer Key

1. Answer may vary. Example: I used to doubt my ability to give presentations at school. One day, I challenged my negative thoughts by reminding myself of past presentations where I did well. I also replaced my fear of failing with positive affirmations like, "I can handle this." This change in thinking made me feel more confident and less anxious during my next presentation, and I received positive feedback from my teacher and classmates.
2. Answer may vary. Example: Practicing self-care during a busy and stressful week involved taking breaks to meditate, going for a long walk to clear my mind, and spending an evening reading my favorite book. These activities helped me recharge and reduce my stress levels, making me feel more confident and optimistic about handling my responsibilities.
3. Advice may vary. Example: (1) Start by practicing self-compassion and being kind to yourself, especially when you make mistakes. (2) Surround yourself with positive and supportive people who uplift and encourage you. (3) Set achievable goals and celebrate your accomplishments, no matter how small. These steps can help you start building healthier self-esteem.
4. Answer may vary. Example: I had a friend who struggled with self-doubt and insecurity. I constantly encouraged them, highlighted their strengths, and reminded them of their past achievements. My support helped them recognize their worth and build confidence over time, eventually leading to improved self-esteem.

