

Name _____

Boosting Your Self-Esteem: A Journey to Confidence

Open-Ended Response Answer Key

1. Possible answer: Self-esteem is how an individual views and values themselves. It's important because it affects how we handle challenges, build relationships, and make life choices. Healthy self-esteem leads to better mental health and overall well-being.
2. Possible answer: Negative self-talk might involve thinking, "I'm not good enough for this." To challenge it, one can replace it with a positive affirmation like, "I am capable, and I can do this."
3. Possible answer: Practicing self-compassion involves treating oneself with kindness and forgiveness. When we are kind to ourselves, we build a positive self-image and increase self-worth, contributing to improved self-esteem.
4. Possible answer: Setting realistic goals allows individuals to achieve them, leading to a sense of accomplishment and increased self-confidence, which in turn boosts self-esteem. Unrealistic goals can lead to disappointment and lower self-esteem.

