

Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Multiple Choice Questions

1. What is self-esteem?
 - a) How you feel about the weather
 - b) How you perceive your abilities, qualities, and worth
 - c) The number of friends you have
 - d) How tall you are

2. How did Vincent van Gogh's struggle with self-esteem affect his art?
 - a) It made him stop painting altogether.
 - b) It made his art less valuable.
 - c) It didn't impact his art.
 - d) He continued to create masterpieces despite his self-esteem issues.

3. What is one way in which positive self-esteem can impact mental health?
 - a) It leads to self-doubt and self-criticism.
 - b) It boosts resilience and emotional well-being.
 - c) It causes anxiety and depression.
 - d) It has no impact on mental health.

4. How can self-compassion contribute to building self-esteem?
 - a) By criticizing yourself more
 - b) By treating yourself with kindness and understanding
 - c) By avoiding self-reflection
 - d) By ignoring your feelings

5. What is the significance of learning from mistakes in building self-esteem?
 - a) Mistakes define your worth.
 - b) Mistakes should be avoided at all costs.
 - c) Learning from mistakes can boost self-esteem.
 - d) Mistakes are unforgivable.

