

Name _____

The Mirror of Self-Esteem: Nurturing Mental Health

Multiple Choice Answer Key

1. b) How you perceive your abilities, qualities, and worth
2. d) He continued to create masterpieces despite his self-esteem issues.
3. b) It boosts resilience and emotional well-being.
4. b) By treating yourself with kindness and understanding
5. c) Learning from mistakes can boost self-esteem.

