

Self Esteem Case Studies



- Read the self esteem case studies on the following pages.
- Fill in the **'Healthy Self Esteem'** response or action that you think is appropriate for each example. *The first one has been provided for you.*
- Once you have finished, click the answers link at the end of the activity to compare your answers to the ones provided.

1. Question – “Why did you wear the red one instead of the yellow?”

Low Self Esteem: “I don’t know...it’s nice.... Janice thought it was nicer than the yellow one too”

Self Esteem Inhibitor

- Reinforcing your choice by indicating that someone else likes it too, can imply that you are unable to make decisions on your own – that you require someone else’s approval or that your opinion is not worthy or cannot stand alone.
- It also puts under question your preferences or taste (in clothes in this circumstance)

Healthy Self Esteem: “Because I like the red one”.

2. Question – “What do you think of this new policy?”

Low Self Esteem: “I’m not sure... my husband doesn’t think it’s a good idea”.

Self Esteem Inhibitor

- Using someone else’s opinion may imply that:
 - Your opinion is not important
 - Your opinion cannot stand on its own – it requires reinforcement from someone else
 - That you are afraid to voice your own opinion
 - That you are not important or intelligent enough to have an opinion

Healthy Self Esteem: Write below a response for the above question that indicates healthy self esteem

Make sure you have the facts first. Remember that you are expressing your opinion, not trying to change someone else’s point of view.