

SELF-IMPROVEMENT

GOALS OF THE EXERCISE

1. Improve self-esteem.
2. Express positive characteristics about himself/herself.
3. Express weaknesses and set realistic goals about self-improvement.

ADDITIONAL HOMEWORK THAT MAY BE APPLICABLE TO SELF-ESTEEM

• Anger Management	Solving a Problem	Page 40
• Anxiety	Relaxation	Page 63
• Depression	What Makes You Happy?	Page 121
• Peer Conflict	Teasing	Page 227
• Peer Conflict	Peer Pressure	Page 236
• Peer Conflict	Peer Pressure 2	Page 241

ADDITIONAL PROBLEMS FOR WHICH THIS EXERCISE MAY BE USEFUL

- Anxiety
- Depression
- Peer Conflict

SUGGESTIONS FOR PROCESSING THIS EXERCISE WITH CLIENT

Children with low self-esteem frequently exaggerate negative characteristics. Any imperfection is perceived as a major character flaw. This homework assignment focuses on gaining perspective about negative traits and is designed for older children who have some insight into their own personality traits.

In the first section of this assignment, the child is asked to identify his/her five best traits. The child is also asked to identify two things he/she would like to change about himself/herself. The child should complete this worksheet at home and bring the completed assignment to the therapy session.

Therapist's Overview

The next section of the assignment should be completed in the therapy session. The child will focus on one aspect of himself/herself that he/she would like to change. Children frequently exaggerate negative characteristics. The child will begin to look at this personality trait in greater detail. The therapist should ask questions that allow the child to realistically look at areas for improvement and set realistic goals for change. Help the child see how global generalizations can be incorrect. Instead, the child should identify specific strategies for self-improvement.

The child can complete the last page as a homework assignment. In the session ask the child to identify one aspect of himself/herself that he/she would like to change. For homework, the child will identify three strategies to initiate change.

This homework assignment can be completed over several weeks and should be reviewed in the therapy session. Review the homework assignment with both the child and the parents/guardian. It is important to include the parents/guardian in the session to help them become aware of the child's insecurities. Additionally, the parents/guardian will become more aware of situations in which they criticize the child and when the child interprets comments as negative statements.

SELF-IMPROVEMENT

My best traits:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
-

Two things I would like to change about myself:

- 1.
- 2.

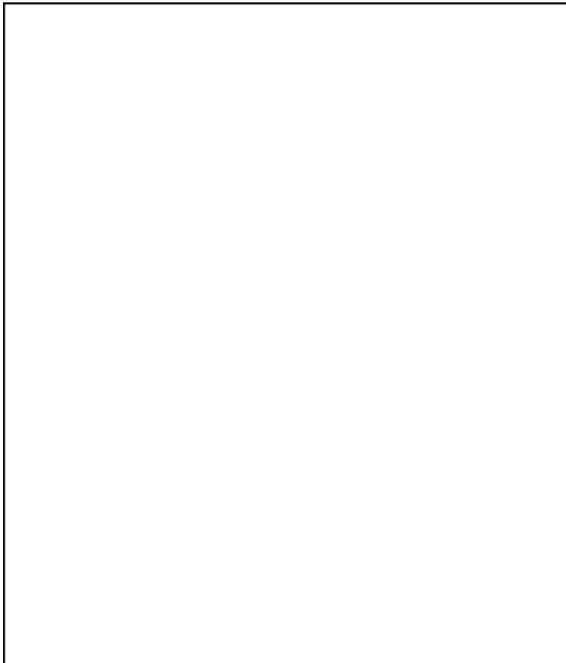
EXERCISE XXI.C

Describe or draw a picture of something about yourself that you do not like:

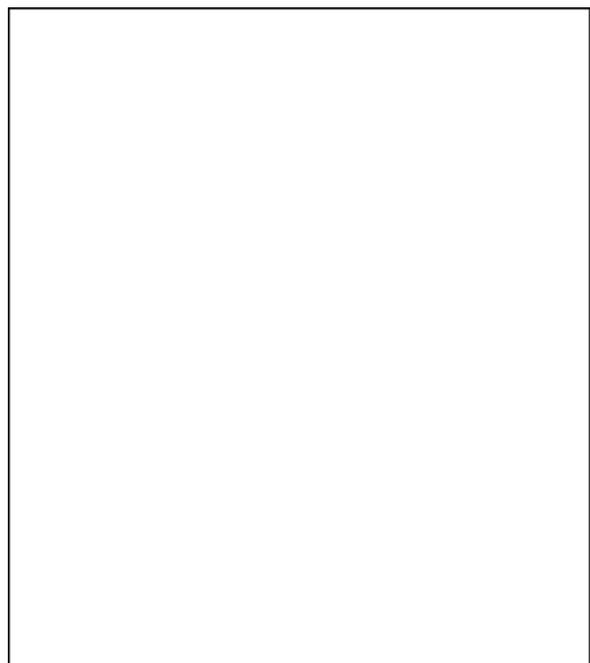


With the help of an adult, consider the evidence. Are you being realistic?

Supporting evidence



Contrary evidence



EXERCISE XXI.C

List one thing about yourself that you would like to change:

With the help of an adult, identify three things that can help you change:

1.

2.

3.

What can you do this week to change?
