My Self-Esteem Map

Low self-esteem is a view of me that I learned. Learned views can be checked and updated.

Name: _____ **Date:** _____

1 My bottom line

The harsh thing I believe about myself, deep down (for example: I am not good enough)

My bottom line: _____

How much I believe it right now (0 to 100%): _____

When it feels loudest (places, people, times): _____

Experiences that may have taught it (not my fault): _____

What I do because of it (avoid, overwork, apologize, other): _____

2 My rules for living

The rules I follow to stay safe from my bottom line. Write them as: If I ..., then ...

Rule 1: If I _____

Rule 2: If I _____

What following these rules costs me: _____

e.g. "If I make a mistake at work, then people will see I am useless."

3 What my worth hangs on

Tick the areas where a bad day makes me feel worth less as a person

- ☐ Other people's approval
- ☐ Work, grades or results
- ☐ Money or status
- ☐ My relationship status
- ☐ How I look or my weight
- ☐ Being needed or helpful
- ☐ Being right or never failing
- ☐ Being a good person

The one that rides on too much: _____

4 Inner critic or fair friend?

Write what my critic says, then what a fair friend who knows me well would say

My inner critic says	A fair friend would say

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My Fairer View Practice Plan

I do not need to love myself overnight. I collect evidence, test one rule and notice what really happens.

Name: _____ **Date:** _____

1 Old view and fairer view

Not a forced positive. A view that fits all the facts, including the good ones

Old view: _____ Believe it now (0 to 100%): _____

Fairer view: _____ Believe it now (0 to 100%): _____

Facts the old view leaves out: _____

2 Things that are true about me too

Small counts. Use the prompts if you get stuck

Something someone thanked me for: _____ A hard thing I got through: _____

A skill I have, even a small one: _____ A way I am kind to others: _____

Something a friend likes about me: _____ A value I try to live by: _____

3 My 7 day evidence log

One line a day: something I did or noticed that fits the fairer view

Day	What I did or noticed	What it says about me	Belief %
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

4 Test one rule

A small, safe experiment to check a rule from page 1

The rule I will test: _____

What I will do differently (small and specific): _____

What I predict will happen (how sure, 0 to 100%): _____

What actually happened, and what I learned: _____

For therapists and clients

1. The aim is a fair, stable view of yourself, not feeling great about yourself all the time.
2. Repeating positive statements you do not believe can backfire. Collect real evidence instead.
3. My worth as a person does not rise and fall with one result, one look or one person's opinion.
4. Low self-esteem often travels with depression or anxiety. A trained therapist can help with both.

In the US, call or text 988 (Suicide and Crisis Lifeline) any time, day or night.

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