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to which we evaluate
ourselves positively. It
refers to a person's
global appraisal of his

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Worksheet based
upon the scores that
persons give
themselves in
different roles and
domains of life
(Harter, 1999; Markus
& Nurius, 1986;
Rogers, 1981).

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your client, our other
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Glenn R
managing depression
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or anxiety may be
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CCI - Self Esteem Resources for Clinicians

Keeping a self-
esteem journal is a
great way for children
to begin thinking

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about the good things that they do and experience, setting them up for a positive outlook on life. This worksheet lists three-sentence completion prompts for each day of the week, starting with Monday. The prompts include “
One thing I did great at today...

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notice that they do not
support healthy self
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pathways.

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reasons, a child can
struggle with
expressing their
feelings and needs,
even with their

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When a child is ...

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them have been
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worksheets work
wonders in raising self-
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parents, can use it for
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