

# Directed Reading

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## Lesson: Self-Esteem and Your Life

1. A person with \_\_\_\_\_ can meet life's challenges with more confidence and optimism than a person who has low self-esteem.

### WHAT IS SELF-ESTEEM?

- \_\_\_\_\_ 2. Self-esteem affects
- a. your relationships with others.
  - b. how you make decisions.
  - c. your success in anything you do.
  - d. All of the above

3. What is self-esteem?

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### HIGH SELF-ESTEEM

4. What are three traits or characteristics of a person who has high self-esteem?

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5. A person who has high self-esteem has a high level of

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### LOW SELF-ESTEEM

- \_\_\_\_\_ 6. You can develop a higher level of self-esteem by
- a. hanging out with popular people.
  - b. hanging out with people who are worse off than you are.
  - c. learning to like and accept yourself as an individual.
  - d. paying more attention to what others say about you.

**Directed Reading** *continued*

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7. What are three traits or characteristics of a person who has low self-esteem?

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**WHO CAN AFFECT YOUR SELF-ESTEEM?**

8. How can other people affect your self-esteem?

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9. Who has the greatest and most important influence on your self-esteem?

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**THE MEDIA AND YOUR SELF-ESTEEM**

10. How can having a healthy body image boost your self-esteem?

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**Lesson: Your Self-Concept**

**SELF-CONCEPT AND SELF-ESTEEM**

11. What is self-concept?

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**HOW SELF-CONCEPT DEVELOPS**

12. Your self-concept develops from three important areas. What are they?

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**Directed Reading** *continued*

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## Lesson: Keys to Healthy Self-Esteem

13. Doing the \_\_\_\_\_ will help build healthy self-esteem.

### THREE KEYS TO HEALTHY SELF-ESTEEM

- \_\_\_\_\_ 14. Which of these is an example of someone with self-respect?
- a. a teenager who decides not to smoke because it's harmful
  - b. a teenager who smokes only when her friends are smoking
  - c. a teenager who pressures his friend to try just one cigarette
  - d. None of the above

15. A person who is honest and who takes responsibility for his or her actions has \_\_\_\_\_.

### EIGHT WAYS TO BUILD SELF-ESTEEM

16. You can learn to like yourself by focusing on what?

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17. "I think I can, I think I can" is a good example of positive \_\_\_\_\_.

18. Having a sense of humor means you are able to \_\_\_\_\_ at yourself.

19. People who have a high level of \_\_\_\_\_ are not usually affected by negative comments.

20. Someone who can help you discover your abilities is called a \_\_\_\_\_.

21. When you try hard to reach a goal, you feel good about yourself. Once you reach your goal, you feel \_\_\_\_\_.