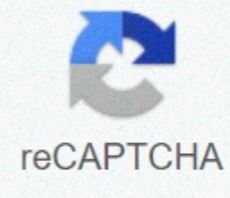




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## Self esteem powerpoint

1 Self-esteem 2 Self-esteem refers to how much you respect yourself and, like yourself \* Self-esteem refers to how much you respect yourself and like yourself. \*Self-esteem can be placed on a continuum ranging from high to low self-esteem. 3 Self-esteem can vary often, especially if a teenager himself esteem can vary often, especially as a teenager. Studies suggest that for many, self-esteem declines as one goes from elementary school, to intermediate and then high school. Why do you think it is????? 4 How Self-Esteem DevelopsThere is basically 3 phases of self-esteem: Childhood Adolescence Adulthood There are basic fluctuations in the stages accompanied by other factors that affect self-esteem. 5 What are some factors that can affect one's self-esteem? 6 Some Factors That May Affect Self-Esteem Include: Parents Friends Teachers Coaches Successes Attitude Media Love Praise Appearance Feedback From Others 7 How Is Your Self-Esteem? Answer yes or no to the following questions. There are 2 sections with 10 questions Your answers will remain private you keep them. 8 1st Division Are You Easily Hurt by Criticism? Are you very shy or too aggressive? Are you trying to hide your feelings from others? Are you trying to blame your mistakes on others? Find excuses for refusing to change 9 6. Are you avoiding new experiences?? 7. Do you fear close relationships? 8. Do you constantly wish you could change your physical appearance? 9. Are you too modest about personal successes? 10. Are you glad when others fail? 10 Now Answer the following 10 questions2nd Section Now Answer the following 10 questions 11 2nd section Do you accept constructive criticism? Are you at ease of meeting new people? Are you honest and open about your feelings? Do you appreciate your closest relationships? Can you laugh and learn from your mistakes? 12 6. Do you see and accept changes as it happens?? 7. Are you looking for new challenges and tackling new challenges? 8. Are you confident about your physical appearance? 9. Do you give yourself credit when credit is due? 10. Are you happy when others succeed? 13 RESULTS Add the yes and no answers in each section1ST SECTION – THE MORE YES ANSWERS YOU HAVE, THE LOWER YOUR SELF-ESTEEM 2ND SECTION – THE MORE YES ANSWERS, THE HIGHER YOUR SELF-ESTEEM 14 Why is important to develop a healthy self-esteem? 15 People With Healthy Self-Esteem: Have a Positive View of Life Feel Capable, Loving, Effective Have Confidence See Unpleasant Emotions as Temporary Problems in a Good Life Try New Things and Take More Chances 16 People With Low Self-Esteem Can: Tend to See the Negative Side of Things Feel Helpless and Full of Self Doubt Feels Ineffective , worthless, incompetent, incompetent, unloved Hold back, afraid to try new things 17 Ways to Teach Your Self EsteemKnow strengths and weaknesses Set ambitious, realistic goals not too yourself to learn your values to accept Look past your own concerns Not too much focus on appearances 18 Maslow believed people had an innate row to be their best. Self-accredit The process in which people reach their full potential Maslow believed people had an innate drive to be their best. To achieve self-recalculation, 4 basic needs must be met. These needs are referred to as the hierarchy of needs. Maslow believed that you must first satisfy your lower level needs to be motivated to meet higher level needs. 19 Hierarchy of Needs Physical: Food, Water, Sleep Safety: ShelterBelonging: connecting with other people Esteem: recognition, respect, appreciation, and attention Self actualization: your full potential Slideshare uses cookies to improve functionality and performance, and to provide you with relevant ads. If you continue browsing the website, you agree to the use of cookies on this website. See our user agreement and privacy policy. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant ads. If you continue browsing the website, you agree to the use of cookies on this website. See our Privacy Policy and User Agreement for details. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant ads. If you continue browsing the website, you agree to the use of cookies on this website. See our user agreement and privacy policy. Slideshare uses cookies to improve functionality and performance, and to provide you with relevant ads. If you continue browsing the website, you agree to the use of cookies on this website. See our Privacy Policy and User Agreement for details. This page uses frames, but your browser does not support them. They.

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