

Self-awareness & Self-esteem Assessment

Write T for (True) and F for (False) next to each statement.

1. Self-esteem is viewed as a personal trait. _____
2. A person's self-worth can be described as self-esteem. _____
3. There are four types of self-esteem. _____
4. Only your teacher can build your self-esteem. _____
5. A person with low self-esteem has confidence. _____

Match the following.

External self-awareness

Understanding and knowing who you are.

Internal self-awareness

Understanding how others view you.

Use the words in the box to complete the passage.

low self-esteem	family	high self-esteem
home	negatively	

A person's self-esteem starts to develop from in the

_____ . A _____ that interacts positively

will have members with _____ . A family that

interacts _____ will have members with

_____ .

Place each phrase under the correct heading to correctly complete the table. Put them on the table in numerical order.

1)behaves destructively

2)adjust to change

3)tries new things

4)fears failure

5)feels depressed

6)feels optimistic

7)speaks up for self

8)feels insecure

Positive Self-esteem	Negative Self-esteem