

Self – steem

1. It's the measure of how much YOU _____, _____ and feel _____ about yourself.
2. How many types of self-steem are?
a. 2 b. 3 c. 4

Choose the correct answer.

1. They think that they are **better** than others.
They usually cannot listen to others and like blaming others.
This is a very **negative self-esteem.**

a. INFLATED SELF – ESTEEM

b. HIGH SELF – ESTEEM

c. LOW SELF – ESTEEM



3. They are the opposite of those with high self-esteem.

They do not value themselves, they do not trust in their possibilities.

They feel insecure over into almost every situation.

a. INFLATED SELF – ESTEEM

b. HIGH SELF – ESTEEM

c. LOW SELF – ESTEEM

4. They accept and value themselves.

They feel satisfied with their life and in what they are

They don't feel better than anyone else.

It is a positive self-esteem.

a. INFLATED SELF – ESTEEM

b. HIGH SELF – ESTEEM

c. LOW SELF – ESTEEM

Match with the correct answer

LOW SELF – ESTEEM

INFLATED SELF – ESTEEM

HIGH SELF – ESTEEM

positive

negative