Feeling Good About Yourself

Name _________________________
Date ____________________
Period ________

DIRECTIONS: Read the situations below. Decide on TWO things the person in each situation could do to chip away at his/her sense of self and to help build a positive sense of self.
→ PLEASE WRITE DIFFERENT IDEAS FOR EACH SITUATION AND AVOID PUT DOWNS OR NAME CALLING.

Situation A:
Pauline is new in school and doesn’t have many friends. One day when Jeremy is getting in line at the cafeteria, he cuts in front of Pauline. He pushes her aside and laughs. He starts making fun of her body, calls her names, and encourages his friends to join in.

1. Two things Pauline could do that would chip away at her sense of self and cause her to feel bad:
   • ______________________________________________________________________
   • ______________________________________________________________________

2. Two things Pauline could do to build a positive sense of self:
   • ______________________________________________________________________
   • ______________________________________________________________________

Situation B:
Kevin has grown five inches in the last year. He keeps tripping over his own feet and is uncomfortable with his body. The other day, he noticed that even though he had put on deodorant in the morning, he really smelled after PE class. There is a person he likes, but he’s afraid to do anything about it because of how he feels about his body.

3. Two things Kevin could do that would chip away at his sense of self and cause him to feel bad:
   • ______________________________________________________________________
   • ______________________________________________________________________

4. Two things Kevin could do to build a positive sense of self:
   • ______________________________________________________________________
   • ______________________________________________________________________

Situation C:
To Chris, being 14 without showing any signs of physical development feels awful. PE class is especially embarrassing. Chris worries about what other kids are saying and wonders whether something is wrong.

5. Two things Chris could do that would chip away at his/her sense of self and cause him/her to feel bad:
   • ______________________________________________________________________
   • ______________________________________________________________________

6. Two things Chris could do to build a positive sense of self:
   • ______________________________________________________________________
   • ______________________________________________________________________

Situation D:
Ben’s best friend, Brian, moved away this summer. Ben and Brian used to spend all of their time together. Ben misses his old friend. Nobody at school seems to want to hang out with him, and he has nothing to do on weekends. He’s feeling pretty lonely.

7. Two things Ben could do that would chip away at his sense of self and cause him to feel bad:
   • ______________________________________________________________________
   • ______________________________________________________________________

8. Two things Ben could do to build a positive sense of self:
   • ______________________________________________________________________
   • ______________________________________________________________________