My self-esteem map

Where my view of myself came from, and what keeps it in place.

Name _____ Date _____

Experiences that shaped how I see myself

What happened, and what was missing?

↓

My bottom line

"I am..."

↓

My rules for living

"I must...", "If I..., then..."

↓

Situations that set it off

When is the bottom line triggered?

↓

What I do and say to myself then

Predictions, self-criticism, avoiding

What does living by this bottom line cost me?

If I saw a child being treated the way I treat myself, what would I think?

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