

CBT self-esteem worksheet

Early life experience that you think made you feel low, down? Any experience from the caregiver or significant others? Or any rejection you faced?

What were your feelings after that experience?

What triggers your negative thoughts about self?

Write down any three things that you are thankful for?

- 1) *My parents*
- 2) *My car*
- 3) *My job*

Write down any of the three good things from today, either big or small.

- 1) *I woke up healthy*
- 2) *I had good food*
- 3) *I got my paycheck*

Identify any three of your strengths/skills

- 1) *Good spoken skills*
- 2) *Ca drive a car*
- 3) *I write*