



FaithWorks Counseling

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

www.FaithWorksCounseling17.com

Self-Esteem And Relationships Worksheet

Name: _____

Date: _____

Section 1: Identifying Negative Core Beliefs

Many people struggling with low self-esteem and hold deep-rooted negative beliefs about themselves without even realizing their impact. Let's identify a few of these.

1. List 3 negative beliefs you often have about yourself (e.g., "I'm not good enough," "I don't deserve love," etc.):

1. _____

2. _____

3. _____

Section 2: Challenging Negative Thoughts

Choose one of the negative beliefs above and complete the chart below.

Negative Thought	Evidence for	Evidence Against	Balanced Thought
"I'm not worthy of love"	"My ex told me that."	"My friends and children love me."	"I may have been treated poorly, but I am deserving of love and respect."

Section 3: Identifying Strengths and Positive Qualities

Low self-esteem can make it difficult to recognize your value. Start by listing any strengths, qualities, or accomplishments — no matter how small they may seem.

List 5 positive things about yourself:

1. _____
2. _____
3. _____
4. _____
5. _____

Section 4: Affirmations for Self-Worth

Create and repeat affirmations that support a healthier self-image.

Write 3 affirmations you will say daily:

1. I am _____
2. I deserve _____
3. I choose to _____

Section 5: Relationship Reflection Exercise

Sometimes we accept poor treatment because of what we believe about ourselves.

1. What are some things you've tolerated in relationships that you now recognize as unhealthy?

2. How might your self-esteem have influenced your relationship choices?

3. What are 3 things you will no longer tolerate in future relationships?

1. _____
2. _____
3. _____

"I will praise you for I am fearfully and wonderfully made..." Psalm 139:14