WORKSHEET 72 · FOR THE PSYCHOLOGIST

My qualities and achievements

Rebalancing the way you see yourself (self-esteem)

AIM

Counter the attentional bias towards one's flaws by actively looking, every day, for concrete qualities and achievements, however small.

WHO IT IS FOR

Low self-esteem, self-criticism, perfectionism.

DURATION

10 min in session; 5 min every evening for two or three weeks

HOW TO RUN IT

1. Explain the bias: low self-esteem makes you focus mainly on what goes wrong and forget the rest.
2. Help the person list qualities with concrete examples; ask what their loved ones would say.
3. Every evening, note at least one thing done or one quality put into practice, however small.
4. Reread the list every week and observe the effect.

POINTS TO WATCH

> At first the person may reject their qualities ("that doesn't count"): accept this without arguing and ask for concrete examples rather than global judgements.

REFERENCES

Fennell, M. J. V. (1997). Low self-esteem: A cognitive perspective. Behavioural and Cognitive Psychotherapy, 25(1), 1-26.

Beck, J. S. (2020). Cognitive Behavior Therapy: Basics and Beyond (3rd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 72 · WORKSHEET TO HAND OUT

My qualities and achievements

When self-esteem is low, we mostly see our flaws and forget the rest. This exercise trains your eye to also notice what goes well, every day, even the small things.

1. Write three qualities you have, with a concrete example of each.
2. What would the people who care about you say about you?
3. Every evening, note at least one thing achieved or one quality used, however small.
4. Reread your list every week.

Day	What I did or achieved	The quality it shows

What do I discover when I reread my list?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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