

SELF ESTEEM WORKSHEETS

DATE	SITUATION (where were you, or where were you supposed to be going)	THOUGHTS AT THE TIME (where you really anxious, nervous, feeling sick . 1-10 on an anxious scale, 1 being not too bad, 10 being awful)	WHY YOU HAD THOSE THOUGHTS (did someone upset you, did you have a reoccurring thought, what were you saying to yourself)	WHAT YOU DID/CAN DO TO OVERCOME THIS NEXT TIME (what did you do to prevent it happening again, how did you feel, what were the results)