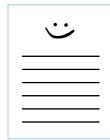
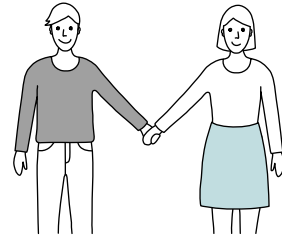


Sentence Completion

1. My best friend is...
2. Sometimes I wish I could...
3. I gain strength from...
4. I love when...
5. I believe that...



Self-Esteem Journal Prompts

- I feel empowered when...
- My loved ones are proud of me because...
- My best quality is...
- I'm looking forward to...
- My greatest accomplishment today was...

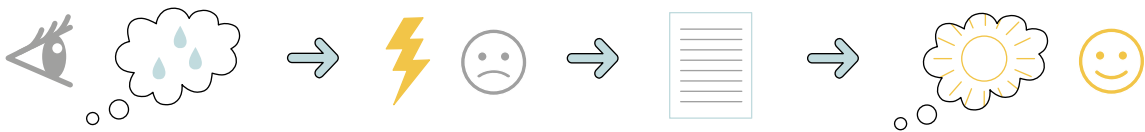
Gratitude Exercise

1. Today, I am grateful for...
2. Some things I need to express gratitude for...



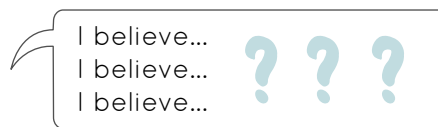
Negative Self-Talk Exercise

Consider an unwanted thought, identify the triggers, note the associated emotion(s), gather evidence that doesn't support the thought, come up with an alternative thought and list its associated emotions(s).



Identifying and Challenging Core Beliefs

Recognize the profound impact our core beliefs have on our experiences, our feelings, our behaviors, and the associated outcomes; identify three negative core beliefs and three reasons each belief is not true.



Assertive Communication Exercise

- Passive Communication: being too nice, overly compliant, putting oneself down.
- Assertive Communication: being firm but polite, compromising, standing up for oneself.
- Aggressive Communication: being mean or harsh, bullying or trampling others.
- Think of three instances in which you used assertive communication.
- List the emotions you felt after each instance.

