

What I See in YOU

People with low self-esteem often do not see themselves as others do. Their negative self-appraisals may serve as an emotional mask that obscures the positive qualities that lie beneath. This group exercise boosts self-esteem by providing individuals with insight into the many wonderful qualities others perceive when looking at them.

Instructions:

Group members are seated in a circle. After a moment of reflection, one person is chosen and the group goes around the circle with each member stating a positive quality about that individual. After each compliment, the recipient is asked to repeat the phrase with an “I” statement. It is best to do this exercise once the group has been established long enough for members to be familiar with each other.

Example: Mary

Positive Statement by Group Member	“I” Statement by Mary
“Mary is really compassionate”	“I am really compassionate”
“Mary has a pretty smile”	“I have a pretty smile”
“Mary is considerate of others”	“I am considerate of others”
“Mary has an infectious laugh”	“I have an infectious laugh”

This self-esteem enhancing exercise provides group members with a mirror into the many facets of beauty within themselves. Individuals may be ascribed some pretty terrific qualities they didn’t even know they possessed. The larger the group, the more powerful the exercise!

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