

What do they say?

People can affect our self-esteem in both negative and positive ways. What they say can have a real impact upon our feelings. Try to identify something that each of the following people have said about you and how they made you feel.

<p>Parent/carer</p> <p>They said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>	<p>Friend</p> <p>They said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>	<p>Teacher</p> <p>They said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>
<p>Brother/sister/cousin</p> <p>They said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>	<p>Myself</p> <p>I said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>	<p>Other</p> <p>They said ...</p> <hr/> <hr/> <hr/> <p>I felt ...</p> <hr/> <hr/> <hr/>



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