

The Low Self-Esteem Solution

Handout 8.2: Coping Card Ideas

One-sided cards: Examples

<i>I am worthy and lovable.</i>
<i>I am a good person and trying the best I can.</i>
<i>Even if I am anxious and get panicky, it is not dangerous.</i>
<i>The most important person to approve of me is me!</i>
<i>Even if I make a mistake, it does not mean I am a failure—it means I am human.</i>
<i>I deserve a happy life.</i>

Two-sided cards

<i>I have too many issues.</i>	<i>These experiences will help me be a deeper and more compassionate person.</i>
<i>I am too fat.</i>	<i>I am working on my diet and exercise, and I am proud of the steps I am taking.</i>
<i>I am unlikable.</i>	<i>Not everyone will like me; it is most important that I like myself.</i>
<i>I can't stand to be criticized.</i>	<i>The opinions of others do not define my self-worth.</i>
<i>I'll never be comfortable presenting at meetings.</i>	<i>I will keep practicing and rehearsing and remain committed to the subject I know best.</i>
<i>He makes me so mad.</i>	<i>I am in charge at how mad I get—he does not need to have so much control over me.</i>
<i>I can't stand it!</i>	<i>I can stand it—I just don't like it.</i>