



STEP BY STEP MENTORING PROGRAM

Caring and Growing... Together

Self-Esteem

Self-esteem is the foundation for emotional well-being. It is important for mentors to observe their mentees' self-esteem, to talk to them about how they feel about themselves, and to help them find a way to see their own self-worth.

Below are some characteristics of emotional well-being:

- I feel comfortable with myself.
- I am not overwhelmed by my emotions.
- I can accept life's disappointments.
- I can accept my shortcomings.
- I have self-respect.
- I can laugh at myself.
- I feel positive about relationships I have with others.
- I am able to give love and to consider the feelings of others.
- I respect diversity.
- I feel a sense of responsibility to others.
- I am able to meet the demands of my life.
- I welcome new ideas and experiences.
- I set realistic goals for myself.
- I am able to think for myself and make my own decisions.

These characteristics are a picture of emotional health. It is important for mentors to explain to their mentees that everyone struggles in some way at some time with self-esteem.

For adolescents, self-esteem is fragile and is easily wounded. Peer pressures and conformities are intense and adolescents are not very tolerant of differences or shortcomings. Many problems can arise from feelings related to perceived deficiencies and low self-esteem.



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Some ideas to discuss with your mentor:

- I wish...
- I fear...
- I love...
- I hope...
- I'm embarrassed when...
- The thing that bothers me the most is...
- I have great respect for...
- I am most cheerful when...
- When I am the center of attention, I feel...
- I feel awkward when...
- When I am angry, I...
- My most important strengths are...
- Things I can change are...
- Things I am going to have to accept are...
- My closest friend thinks I am ...
- My classmates think I am...
- My teachers think I am...
- A stranger's first impression of me might be...
- I feel good about myself when...

Discuss how words can affect our emotions and thus, our self-esteem. Ask your mentee to help you compile a list of self put-downs and self-praise. Then discuss their impact on self-worth and self-esteem.

June, 2010