

# HANDOUT INSTRUCTIONS

## ME AND MY SELF-ESTEEM

### Handout Description

This handout is for people with intellectual and developmental disabilities to build their self-esteem using four steps.

### How to Introduce the Handout and What to Say

If you are supporting someone and they want to learn more, use the instructions and scripts in blue below. Use the handout “Me and My Self-Esteem” on the next page to go through the four steps.

**Self-esteem** *means liking yourself and feeling good about who you are.*

*Here are four steps to help build your self-esteem.*

**Step One:** *Exploring how you feel about yourself* (pages 1-2)

**Step Two:** *Building your self-esteem* (pages 3-5)

**Step Three:** *Create a plan* (pages 6-7)

**Step Four:** *Revisit all of these steps* (pages 8-9)

After finishing the handout, ask:

*Do you have any questions about the steps to building your self-esteem?*

# ME AND MY SELF-ESTEEM (page 1)

## Step One: Exploring How You Feel About Yourself

Questions	Yes	No
Do you see yourself as good-looking?		
Do you think you are smart?		
Do you think you are able to do lots of things?		
Do you believe in yourself?		
Do you feel good about who you are?		
Do you accept and trust yourself?		
Do you think you deserve care, love, and good things?		
Do you believe your body, mind, and health are worth protecting?		

Self-esteem means liking yourself and feeling good about who you are. How do you see yourself based on your answers to the questions above? Do you have high or low self-esteem?

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## ME AND MY SELF-ESTEEM (page 2)

Why do you have high or low self-esteem?

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How does your disability or internalized ableism (believing you are less than because of your disability) impact your self-esteem?

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## Step Two: Building Your Self-Esteem

Read the tips below and pick three to help build your self-esteem. The tips have been adapted from Green Mountain Self-Advocates (GMSA) and the Self-Advocacy Resource and Technical Assistance Center (SARTAC).

### **Replace Bad Self-Talk With Good Self-Talk:**

When you hear that little voice inside your head saying mean things about you, tell it to stop. You do not have to listen to it. Instead of saying things like, “I am so ugly,” or “I always mess things up.” you can stop and say to yourself:

“I am beautiful.”

“I am doing my best. That is enough.”

“I deserve kindness, especially from myself.”

“My challenges help me grow.”

### **Take a Two-Minute Break to Be Proud of Yourself:**

Spend just two minutes thinking about the things you like about yourself. It is a quick way to feel good.

### **Write Down Three Things You Like About Yourself Every Night:**

Before bed, write down three things you like about yourself. This

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will help you feel happy and confident.

### **Do Not Worry About Being Perfect:**

No one is perfect, and that is okay. Focus on doing your best instead of trying to be perfect.

### **Learn From Mistakes in a Good Way:**

When you make a mistake, think about what you can learn from it. Mistakes are a chance to grow, not something to be upset about.

### **Be Kind to Others:**

Being kind to others makes you feel good about yourself, too. It is a simple way to boost your self-esteem.

### **Try New Things:**

Do not be afraid to try new things. Every time you do, you learn more about yourself and what you can do.

### **Do Not Compare Yourself to Others:**

It can make you feel bad. Everyone is different, and that is what makes us special.

### **Spend Time with People Who Support You:**

Stick around people who make you feel good about yourself. Stay away from those who make you feel bad about yourself.

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### **Create a Self-Description or a Mission:**

This is like a compass—it helps you make choices and remember what matters most. Here is an example, “I like to empower people because I love helping others feel strong and confident in themselves.”

### **It Is Okay to Get Help if You Are Feeling Very Sad and Upset About Yourself:**

You can talk to someone you trust and feel safe with. Or find a counselor to work with.

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### Step Three: Create a Plan for Ways to Build Your Self-Esteem

Write down the three tips you plan to use to build your self-esteem.

**You will:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Find positive role models.**

Where are people with disabilities valued and appreciated for who they are and how they contribute to society?

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How can you find ways to be with others with disabilities who value themselves?

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## ME AND MY SELF-ESTEEM (page 7)

How can you increase the number of good role models in your life?

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**Find places that foster inclusion, respect, and equality.**

Where in your community do you feel included, respected, and equal to others?

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How can you spend more time in these places?

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How will you spend more time in places that support your self-esteem?

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## ME AND MY SELF-ESTEEM (page 8)

### Step Four: Revisit the Plan From Step Three in a Few Months

After a while, maybe three to six months, think about how it is going to build your self-esteem. How is your self-esteem? High or low? How come?

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#### Review My Plan:

From step three, were you able to use the three tips you chose? Why or why not?

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What are some new tips you can use?

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2. 

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3. 

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Have you found good role models and places that are inclusive and respectful? Why or why not?

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How can you make sure you find more good role models and find places that are inclusive and respectful?

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### **My New Plan:**

What will you continue to do?

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What new things will you add to your plan:

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**Review your plan in the future.**