



# How can you feel comfortable with yourself?

**01** Read the letter from “Confused in California” and write possible responses.

**02** Read Alexis’s response. Circle the correct summary. Do you agree with the response? Why or why not?

1. Lack of self-esteem is unusual.
2. We are born with self-esteem.
3. We develop self-esteem throughout our lives.

**03** In your own words, write a one-sentence summary of self-esteem as described in the text.

Dear Alexis,

Please help. I’m in grade eight and don’t know what’s wrong with me. Everyone else is so sure of themselves, and I don’t feel good enough or that my opinion or contribution brings **value** to any situation.

Signed,  
Confused in California

Dear Confused,

What you’re experiencing may seem **insurmountable** and challenging to manage, but it’s also very common, especially for teens your age. There’s nothing wrong with you; what you’re going through has to do with your **self-esteem**—how you see yourself, your perception of your value and capabilities, and your right to be respected.

Self-esteem grows as we find our voices and true nature, but please note that it’s not about perfection; it’s about accepting yourself as you are, with your **strengths** and limitations.

Self-esteem is also influenced by our experiences, which include how we process what we interpret as successes and failures, our relationships, including how people respond to us and make us feel, and the ever-present self-talk—that voice inside your head. Does that voice respect your abilities and value?

Furthermore, it’s **paramount** to note the importance of self-esteem because it colors, if not shapes, our decisions—including those strategic, life-changing decisions. What’s more, self-esteem impacts whether or not you’re able to rise to a challenge. If you don’t feel sure of yourself, you’re less likely to take on a challenge, which can further lower your self-esteem, thus creating a vicious circle of **self-doubt**. The take-away message for today is that learning to recognize your self-worth is part of maturing, and you’re not alone; everyone feels this way at one time or another.

Sincerely,  
Alexis

**04** Work with a classmate. Take turns describing a situation that requires high self-esteem. Why is high self-esteem necessary in this situation in particular?



**05** Underline the adverbial connector in each sentence and identify its use: reason “RA,” result “RS,” contrast “CT,” concession “CS,” time “TM,” or addition “AD.”

1. Self-esteem begins in childhood and evolves; subsequently, it becomes a key factor in teenage identity development.

2. Low self-esteem can affect every aspect of someone's life; nevertheless, many people learn to recognize their value over time.

3. A strong sense of self-worth allows teens to take healthy risks; consequently, they're more likely to reach their personal goals.

4. Self-esteem shapes how we perceive ourselves; therefore, it influences the way we engage with challenges and relationships.

5. Some people appear confident; yet they may still struggle with deep feelings of inadequacy due to low self-esteem.

**06** Use the prompts to create sentences about self-esteem.

1. I used to compare myself to others a lot; **as a result of this**,

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2. I started focusing on what I was good at; **thus**,

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3. Sometimes I feel proud of myself; **on the other hand**,

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4. I try to stay confident when speaking in public; **nonetheless**,

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5. I didn't think about self-esteem when I was a child; **meanwhile**,

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HEALTHY SELF-ESTEEM HELPS US FACE CHALLENGES AND MEET GOALS.



**07** Email a friend about self-esteem and how to boost it. Use the linking adverbials from Exercises 5 and 6.

**08** Imagine your group has been asked to speak to a third-grade elementary school class about self-esteem. Prepare an engaging talk or video.