



High School

Name: _____

Date: _____

Self-Confidence and Self-Esteem

Directions: Working independently, answer the following questions:

What is the difference between self-confidence and self-esteem?

What are some areas in which you might have high self-esteem but low self-confidence?

Choose one of your examples and answer:

What does your negative self-talk say in these situations?

How can you re-state the negative self-talk as positive self-talk?