Self-Esteem Group

Goals

1. To build up self-esteem and personal self-image.
2. To change negative thinking and self-talk that threatens self-esteem.
3. Link students to create a support system.

**Session 1**

Begin with a review of group norms (handout: what happens in group stays in group; be respectful; always try your best and participate.). Discuss the purpose of the group (building self-esteem). Build rapport through a get to know you activity. Half of the activity will be completed in this session, and the other half in the next session. Each student gets a piece of paper and puts their name in the middle. The four corners will be used for the activity. In one corner put something you like to do by yourself. Discuss. In the corner below put something you like to do with other people. Discuss. During this time counselor creates links among members. Close with what students hope to get out of the group. Counselor stores drawing for next time!

**Session 2**

Review norms. Finish four corners activity from last time. In another corner put something they like about themselves. Discuss. In the corner below it put something they wish they could change. Discuss. Talk about what it’s like when they think about the thing they want to change. They might feel guilty, angry, sad, and worthless. Discuss how those feelings can lead to negative thoughts, which can lead to more negative thoughts. It can be a cycle, and even feel like things are spinning/spiraling out of control. (Possibly discuss pressure be perfect, if appropriate for group.) If time, talk about how often they think negatively about themselves. Have students notice throughout the week how often they find themselves thinking negative thoughts about themselves.

**Session 3**

Review norms. Review how negative thoughts can form a chain, or spiral, into more negative thoughts. Talk about when they noticed themselves thinking negatively about themselves during the week. How often? What was it about? Did it lead to more thoughts? Use Negative Self-Talk handout to reframe negative thinking into positive statements (language transformation). Discuss and practice the new statements. Have students try out the statements during the week and notice any changes. Students can take handout with them as a reminder.

**Session 4**

Review norms. This activity will most likely take two sessions. Students will be creating self-esteem bottles. When they start to have negative thoughts feelings, they can look at the bottle as a reminder of positive qualities. Students pick foam shapes that represent their different positive qualities. Each person picks shapes and describes their positive qualities to the group as they add them to an empty water bottle. Label the cap on the top with the student’s initials. Keep bottles to continue next week.

**Session 5**

Review norms. Give each student their water bottle. Have students create self-esteem bottle labels. While the students are working, add water (and food coloring/glitter/etc.), and hot glue the lid shut. Discuss how they can use the bottles to help with negative self-talk.

**Session 6**

Review norms. Look back on drawings, self-talk statements, bottles and reflect on changes and new awareness. Each person shares something he/she learned and will take with him/her. Fill out and present completion certificates. Students can pick a prize.