

WHAT IS SELF-RESPECT?

In each segment below, describe what you think self-respect means:



How would you describe self-respect?

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

How can you tell if someone has high self-respect?

How can you tell if someone has low self-respect?

Where does self-respect come from?
How do you get it? How do you lose it?

Why do some people have high self-respect and others have low self-respect?

What causes low self-respect?

What can cause your self-respect to change?

How long can it take for your self-respect to change?

How can comparing yourself with others affect self-respect?

Can you remain with a permanent level of self-respect for life?

Are you born with a certain level of self-respect?

Can other people control your self-respect?

Can you control your own self-respect?

Can other people affect or influence your self-respect?

What can increase self-respect?

Does your online presence reflect your level of self-respect? How

Think of a time when you said or did something that demonstrated high self-respect. What happened and how did it make you feel?

Think of a time when you said or did something that demonstrated low self-respect. What happened and how did it make you feel?

What does living a healthy lifestyle have to do with self-respect?

Are self-respect and assertiveness related? How?

Can the media / social media have an affect on self-respect? How?

How can your choices and actions affect your self-respect?

How does the way you treat yourself teach others how they should treat you?