

SELF ESTEEM TALK

Family Conversation Starters

Who would you like to be more like and why?

What makes you feel bad about yourself?

What would you change about the way you look if you could?

What area do you feel you need more confidence in?

What do you think is your best quality or strength?

Do you think you have good or bad self-esteem?

What does self esteem mean?

What do you do that gives confidence?

Who makes you feel bad about yourself?

What do i do or say that helps build your self esteem?