

# Adult Guide To Increasing Self-Worth in Teens

Rate yourself by placing a mark on each line of the continuum

High Self-Worth						Low Self-Worth
Provide love and affection						Give little or no love
Listen with respect						Devalue the child's ideas
Delight in the child's uniqueness						Reject differences
Foster a sense of belonging						Threaten abandonment
Believe that the child can succeed						Expect the child to fail
Trust the child						Doubt the child
Offer individual attention						Ignore the child
Discuss feelings openly						Discourage any discussion of feelings
Recognize appropriate behavior						Disregard appropriate behavior
Allow the child some freedom of choice						Enforce rigid rules
Understand that mistakes happen						Expect perfection
Decide on reasonable goals						Have no expectations or impossible goals
Encourage constructive efforts						Criticize the child's efforts
Celebrate successes						Overlook successes
Use discipline to teach						Use punishment to harm and degrade
Care for the child's physical needs						Neglect the child's physical needs
Demonstrate meaning and purpose in life						Show a lack of direction
Model honesty						Demonstrate dishonesty
Help the child accept responsibility for actions						Allow the child to blame everyone else but self
Model dependability						Exhibit unpredictability
Take pleasure in life						Communicate anger and resentment toward life

Note your strengths and weaknesses. Write down what you will try to do differently.

Adapted from Leah Davies M. Ed.