

## CHARACTERISTICS OF A POSITIVE SELF-CONCEPT

\*I am an okay person.

\*I can do anything I  
really want to do.

\*I have definite  
strengths and  
abilities.

\*I see myself as  
being as good or  
better than my  
friends.

\*There are many ways  
to solve a problem.

## CHARACTERISTICS OF A NEGATIVE SELF-CONCEPT

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\*I am a jerk.

\*Why try? I could  
never do it anyway.

\*I cannot do anything  
right.

\*I am not nearly as  
good as my friends.

\*I knew my plans  
would not work.