Name _____ Period_____ Date _____

MY SELF-ESTEEM ROLLER COASTER

Directions: There are many reasons why one's self-esteem goes up and down. On the lines below the high part of the roller coaster, write the reasons your self-esteem goes up; then on the lines below the low part, write the reasons your self-esteem goes down. On the lines below the mid-range section, write the things that regularly contribute to your own self-esteem. **Hint:** Turn the paper the other direction to write your answers.

