

How do you value yourself?

On what do you base your self-image?	1	2	3	4	5
How much importance do these have to you?	none	some	lots	masses	essential
1. Looking good / feeling attractive					
2. Your sporting ability					
3. People liking you					
4. Having the latest mobile phone or 'in' thing					
5. Wearing the 'right' clothes or being trendy					
6. Making people laugh					
7. The number of friends you have					
8. Living in a nice house					
9. Doing well at school					
10. Your reputation					
11. Getting things 'right'					
12. Having a role and doing it well					
13. Being extremely helpful					
14. Being a 'good' Christian					
15. Other?					

Are any of these things wrong in themselves?

Do they sometimes change?

If we base our value on changeable things, what happens to our self-image when that happens?

On what **unchangeable** things can we base our value?

Whose opinion of us matters the most?

How do you value yourself?

How much importance do these have to you?

1. None 2. Some 3. Lots 4. Masses 5. Essential



You get up in the morning & look in the mirror

Do you rate yourself –
By what you look like?



You get into school

Do you rate yourself –
By what you're good at? Perhaps something out of school



At break /lunch/ after school

Do you rate yourself –
By how many friends you have - your popularity?

You chat about what you bought at the week-end –

Do you rate yourself –
By what you own - your possessions?



Are any of these things wrong in themselves?

Do they sometimes change?

If we base our value on changeable things, what happens to our self-image when that happens?

On what unchangeable things can we base our value?

How do you value yourself?

How much importance do these have to you?

1. None 2. Some 3. Lots 4. Masses 5. Essential

1. Personal appearance

Being 'good-looking'	Fashion
Weight	Make-up
Height	Hair
Strength	

2. Abilities

How good you are at popular activities
Doing well at school
Being a super Christian
Having a role that others appreciate e.g. making people laugh; being supportive ...

3. Popularity / status

Your popularity – the number of friends you have
Being popular with the opposite sex / getting dates
Being the centre of attention
Alpha male or female

4. Possessions

Latest gadgets and games
The number of Christmas presents you get

5. Other

Is anything else really important to your sense of self-worth?

Are any of these things wrong in themselves?

If we base our value on changeable things, what happens when those things change?

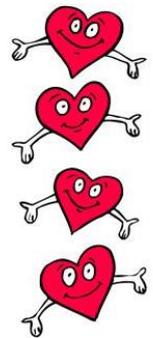
On what **unchangeable** things can we base our value?

How do you value yourself?

Do you believe any of the following?

I am worth **more** if....

- ♥ I dress "the best"
- ♥ I am the best at ...football...netball...drama...etc
- ♥ Everyone likes me (well most!)
- ♥ I have loads of pocket money
- ♥ I look good
- ♥ I play the clown, make people laugh, entertain everyone
- ♥ I have a boy/girl friend
- ♥ I have the latest game/gadget
- ♥ I do everything "right"
- ♥ I never get into trouble/I do get into trouble
- ♥ I get at least one Valentine card, preferably several
- ♥ I get good marks at school



These are all ok things, but when we base our **value** on them, it can give us real problems.

So what do you base your value on?

What does society base people's value on?

Whose opinion of us matters most?

