



## Caring Safely™ Module Two – Video Two

Self Esteem and Self Worth

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## In this video

- Self Esteem
- Unconditional Individual Worth

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## Self-Esteem

- Self-esteem refers to the positive or negative feelings we have about ourselves
- Positive feelings and high self-esteem when we believe we are worthy, good and that others view us positively
- Negative feelings and low self-esteem when we think we are less worthy than others or are inadequate
- Constantly changing

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## Unconditional Individual Worth

- Our own unique thoughts, feelings and behaviors are personal characteristics that no one else can possess in exactly the same way as we do. It is for this reason that all humans have individual worth. **Where does your individual internal worth come from?**

Roles. Goals. Talents/Abilities.  
Personal Thoughts/Beliefs

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