

MODULE 3 – ACCEPT YOURSELF QUIZ

Choose the correct answer.

1. What is the first step to building self-esteem?
 1. Focusing on your faults
 2. Accepting yourself
 3. Watching TV
 4. Having the nicest house in the neighborhood

2. Which activity can help you build your self-esteem?
 1. Volunteering your time

2. Forgiving someone else for what they did to you
 3. Eliminating negative self-talk
 4. All of the above
3. One important factor that may be causing you to feel less than happy with who you are and where you are in life is the fact that you may be underestimating yourself.
1. True
 2. False
4. Which of the following strategies will help you let go of a past mistake and move on?
1. Trying to forget it
 2. Hiding it from others
 3. Holding yourself accountable for the mistake
 4. Blaming the error on someone else

5. Who is able to completely avoid guilt?
 1. Sociopaths
 2. Everyone, if they know the right techniques
 3. Introverts
 4. All of the above

6. The inner critic in your head limits your life and your opportunities.
 1. True
 2. False

7. Which of these strategies will help silence your inner critic?
 1. Reflecting on your past successes
 2. Learning to change negative self-talk into positive affirmations
 3. Finding friends with positive attitudes
 4. All of the above

8. What is your self-image?
 1. What your dog thinks about you
 2. Your idea of what you think you should be like
 3. Your perception of yourself
 4. A character in your favorite TV show

9. Which strategy is more likely to help you eliminate a negative self-image?
 1. Eating ice cream
 2. Spending time on activities that you enjoy
 3. Watching TV
 4. All of the above

10. Regardless of your childhood experiences, past failings, or current level of self-esteem, you can possess a healthy self-image.
 1. True
 2. False

ANSWER KEY

1. b
2. d
3. a
4. c
5. a
6. a
7. d
8. c
9. b
10. a