

Self-worth and self-esteem

Separating My Worth From One Outcome

Adults | 10 to 15 minutes

A result, rejection, or comparison may feel like a verdict on who you are. Start with a specific moment rather than trying to convince yourself that everything is positive. The aim is a fuller account that leaves room for learning and basic respect.

Choose an ordinary recent setback or comparison. Keep the event separate from global labels about your value.

Identify the hidden rule

Complete a sentence such as, 'I only count when...'
Notice whose expectations the rule reflects and what it overlooks.

Build a fuller account

Add context, effort, support, limits, and what remains possible. A fair description can recognize disappointment without making one outcome the measure of your whole person.

1. What event triggered a judgment about my worth?**2. What rule about achievement or approval appeared?****3. What relevant context does that rule leave out?****4. What respectful next action fits the situation?****Clinical use and adaptation**

Avoid forced affirmations or debating entrenched shame. Explore interpersonal and structural sources of devaluation. Assess depression, trauma, or self-harm concerns when indicated; this exercise does not replace risk assessment.