



Virginia Satir's

**SELF
ESTEEM
POT**

Activity

Self Esteem

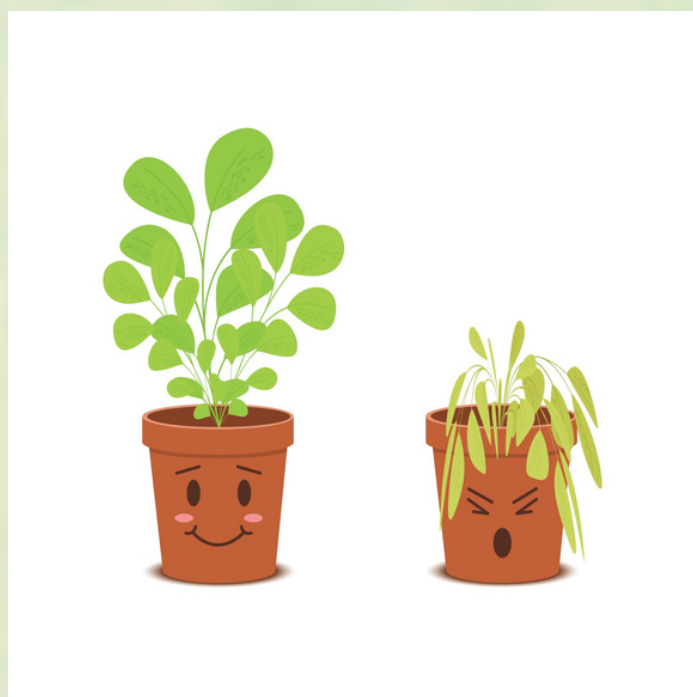


Self-esteem is like a pot plant. It can grow. Some things that go into the pot help fill it so it grows well but some things stop it growing.



Pot Fillers

These are the things that fill the pot to help your self-esteem grow.



Pot Drainers

These are the things drain your pot and bring you down, shrinking your self-esteem.



Pot Cleaners

Sometimes your pot needs a clean-out, so your self-esteem can grow better.

Pot Fillers

People who encourage me & bring me happiness...

Things I do to encourage & be kind to myself...

What adds to my positive energy...

E.g., compliments, achievements, moments of kindness, things you feel good doing, people who encourage you, things you're proud of



Pot Drainers

Things outside of me that bring me down...

People whom I allow to bring me down...

Ways I bring myself down...

E.g., negative comments, mistakes, times when you felt hurt



Pot Cleaners

Things that help me feel
loved/accepted/validated/valued...

Ways I can improve my relationships...

Ways I can communicate my needs and
connect...

*E.g., spending time with loved ones,
practicing self-care, or engaging in activities
you enjoy*



Activity Instructions

Supplies:

- 3 pots (or paper cups to represent pots)
- scissors
- paper (or paddle pop sticks to write on)
- pens/pencils

Instructions:

- Step by step make a list of things that drain, clean, and fill your pot.
- Discuss these and put them into the respective pots.
- Alternative - provide prompts e.g., "my family", "friends", "playing with my dog", "helping others", "getting teased", "worry thoughts that I will fail my test", "when people thank me".

