

Self-Esteem & The Voices We Carry

Advanced (C1-C2)



WARM-UP

Part 1. Discuss the following questions.

1. Do you think people are born confident, or is it something learnt?
2. Which life experiences shape our self-esteem the most?
3. Can negative childhood voices still affect people in adulthood?
4. How easy is it to change your self-perception?

Part 2. Complete each expression by filling in the missing word. Decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. If you don't believe in yourself, it's hard to live up to your full _____.
2. People with low self-esteem often put themselves _____, even when they've achieved a great deal.
3. Everyone deserves the chance to show their true _____.
4. Lasting confidence comes from finding the courage to stand _____.
5. Sometimes I feel like I have _____ syndrome, even when people praise me.



Part 3. Read the short dialogues and discuss the meaning of the highlighted words/phrases.

A: "I always assume things will go wrong—it's automatic."

B: "That sounds like an **ingrained** belief."

A: "My teacher used to tell me I was clever. I still believe it."

B: "That's the **internalisation** of someone else's view of you."

A: "Early experiences really do matter, don't they?"

B: "Yes, the **formative** years can set the tone for life."

A: "He's always so confident."

B: "That's just a visible **manifestation** of self-esteem."

A: "Why do I still hear my parents' critical voices?"

B: "It's the **legacy** of childhood that stays with us."

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following question.

Do you think your self-esteem today is more a product of your past or your present? Why?

Part 2. Watch once. Write down the main ideas or principles you hear in your own words.

Main ideas/principles

Part 3. Watch the video again and discuss the following questions.

1. Why do people see their self-perception as "natural"?
2. What does the "law of psychological functioning" state?
3. How does the transcript explain positive self-esteem?
4. What examples are given of negative self-beliefs?
5. Why is self-esteem not just passive but active in shaping the future?
6. What is the suggested "priority" in dealing with self-esteem?

Part 4. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. Our self-esteem is fixed from birth.
2. Self-esteem is influenced by how people treated us in childhood.
3. Negative self-beliefs can trap us in cycles of suffering.
4. Feelings of confidence are never linked to early experiences.
5. We can reassess our value without relying on the past.

VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. Do you think most people underestimate or overestimate themselves?
2. Can negative self-talk be useful in some situations?
3. Who in your life has influenced your self-esteem the most?
4. How can society help people build healthier self-worth?

Part 2. Read these quotes from the video and react: agree, disagree, or expand with examples.

1. *"Our self-esteem is a mirror of the esteem in which we were held by those around us."*
2. *"The sense that 'I'm not good enough' indicates that other people once didn't find me good enough."*
3. *"The person who feels a failure is going to end up failing."*
4. *"We no longer need to judge ourselves through the eyes of people who were too unwell and in pain to see us properly."*



REVIEW ACTIVITY & FINAL THOUGHTS...

Part 1. Finish the sentences below in your own words. Use your ideas, experiences, or examples.

1. One **ingrained** belief I still carry is...
2. A positive **internalisation** from my past is...
3. A **formative** experience that shaped me was...
4. A clear **manifestation** of confidence is...
5. The **legacy** of my childhood is...

Part 2. Discuss the questions below to reflect on what you've learnt during this lesson.

1. Which inner voices from your past are still with you today?
2. Have you ever managed to silence or replace a negative inner voice?
3. What practical steps can people take to build self-esteem as adults?
4. On a scale of 1–10, how would you rate your self-esteem now compared to 5 years ago?

