

# 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?

