

Healthy bodies, healthy minds

# Self-respect statements



Read the statements below. If someone was saying these things to themselves often, do you think it would have a positive or negative impact on their wellbeing?

	Positive impact on wellbeing	Negative impact on wellbeing
I always do things wrong.		
I always try my best.		
I wish I was more like my friends.		
I should do what my friend wants, or they might not like me anymore.		
I have lots of qualities that make me a good friend.		
I am good at lots of things.		
If someone doesn't like me for who I am, they are not the right friend for me.		
I don't need to be good at everything.		
I can choose to step away from things that don't make me feel good.		
If I ask for help from others, they will think I am stupid.		
I need to be able to do everything perfectly.		

How might the negative impact statements affect someone's wellbeing)?

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Thinking of the statements that would have a negative impact, would you say these things to a friend? Why/why not?

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