

FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 2 – Worksheet 4

Balcony/Basement

This worksheet will help you consciously choose the people with whom you wish to surround yourself. You identify which people make you feel good and will cheer you on in your everyday life; and which ones do not support you in meeting your wants and needs. Surrounding yourself with supportive people and ignoring those who are unsupportive, reinforces your self-confidence and helps build self-esteem.

There may be people in your life who are both supportive and negative at different times or around different issues. For this exercise you may divide such people in half (i.e. "positive mother" and "negative mother") and put each aspect of the person in the place that is most helpful for you.

Think of all the positive people with whom you have been or are currently associated. Close your eyes and imagine yourself in a beautiful, flower-filled courtyard surrounded on all sides by a balcony. On this balcony are many special people, cheering you on and encouraging you in all that you do. Feel the positive energy they imbue, and enjoy the resulting feeling of self-confidence and personal power. Mentally thank them for all the positive input and feelings they have given you, and share with them how their support is positively affecting your life.

Make a list of the people on your balcony and describe how they support you.
REMINDE YOURSELF TO THINK OF THESE PEOPLE DAILY!

My Balcony People Are:

Unfortunately, there are often people in our lives who try to drag us down by sending us negative energy and feedback. Close your eyes and imagine these people shut away behind a heavy, thick basement door. You can no longer hear or see them, so their negativity can no longer affect you. **GIVE YOURSELF PERMISSION TO IGNORE THE PEOPLE IN THE BASEMENT!**

In the space below, make a list of your basement people and describe what they do that you need to ignore.

My Basement People Are:

Reflections on Balcony/Basement

- You can choose to surround yourself with people who make you feel good.
- You have balcony people in your life who enhance your feelings of self-confidence.
- You have basement people who try to drag you down.
- You can choose to ignore and distance yourself from the basement people.
- You can multiply or eliminate these people through imagery.