

## INDICATORS OF HIGH AND LOW SELF ESTEEM

### **Positive Indicators**

1. Gives others directives or commands
2. Uses voice quality appropriate for situation
3. Expresses opinions
4. Sits with others during social activities
5. Works cooperatively in a group
6. Faces others when speaking or being spoken to
7. Maintains eye contact during conversation
8. Initiates friendly contact with others
9. Maintains comfortable space between self and others
10. Little hesitation in speech, speaks fluently

### **Negative Indicators**

1. Puts down others by teasing, name calling or gossiping
2. Uses gestures that are dramatic or out of context
3. Engages in inappropriate touching or avoids physical contact
4. Gives excuses for failures
5. Glances around to monitor others
6. Brags excessively about achievements, skills, appearance
7. Verbally puts self down; self-deprecation
8. Speaks too loudly, abruptly or in a dogmatic tone
9. Does not express views or opinions, especially when asked
10. Assumes a submissive stance