**SESSION FOUR: WORKSHEET TWO: Characters**

BETH’s Cycle of Self Esteem

**How Other People Treat / Perceive Me**

**How I Behave**

**How I Feel**

ELISHA’s Cycle of Self Esteem

**How Other People Treat / Perceive Me**

**How I Behave**

**How I Feel**

**SESSION FOUR: WORKSHEET TWO: Characters**

NICK’s Cycle of Self Esteem

**How Other People Treat / Perceive Me**

**How I Behave**

**How I Feel**

TOM’s Cycle of Self Esteem

**How Other People Treat / Perceive Me**

**How I Behave**

**How I Feel**

**SESSION FOUR: WORKSHEET TWO: Characters**

HARRY’s Cycle of Self Esteem

**How Other People Treat / Perceive Me**

**How I Behave**

**How I Feel**