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### **Banish Your Self Esteem Thief**

Banish Your Self-Esteem Thief: A Cognitive Behavioural Therapy Workbook on Building Positive Self-esteem for Young People (Gremlin and Thief CBT Workbooks): Collins-Donnelly, Kate: 9781849054621: Amazon.com: Books.

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Using cognitive behavioural and mindfulness principles and techniques, this workbook will help you change how you think and act in order to build positive self-esteem, protect your Self-Esteem Vault and banish your Self-Esteem Thief for good! Fun, easy to read and full of tips and strategies, this is an excellent workbook for young people aged 10+ to work through on their own or with the help of a parent or practitioner.

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Look out - the Self-Esteem Thief is on the prowl! He's the crafty character who keeps stealing your positive self-esteem from your Self-Esteem Vault, leaving only negative thoughts and feelings about you behind. But the good news is you can banish him for good and this workbook will show you how!

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## **Banish Your Self-Esteem Thief | PDA Society Resources**

16 Banish Your Self-Esteem Thief Step 1 of building positive self-esteem is to understand what self-esteem means. Your self-esteem is... how you think and feel about yourself. These thoughts and feelings can involve:

- your awareness of who you are
- how you think about your characteristics and traits
- how you think about your abilities and skills
- how you think about your strengths and weaknesses
- how you think about the mistakes you make
- what expectations you place on ...

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