



## Low Self Esteem and Confidence as a Learner

Designed for child with self-esteem difficulties  
and lack in confidence as a learner

### Introduction

- Establish rapport with child.
- Identify the scale of the problem - scale of 1 - 10 - how bad is the problem?  
With a young child this can be done using a faces feelings strip 1-5 or 1-10 depending on understanding or numbers or scales.
- Exploring the nature of the child's beliefs about his or her learning capabilities.
- Use reflective listening to identify feelings and beliefs about learning  
Are the attitudinal barriers? Self-limiting beliefs? Or perceptual blocks?
- Use solution focused questions to overcome these attitudinal blocks  
e.g. I'm no good at ..... "Well just imagine you are good at .....  
how would you feel, what would it look like?"  
"Suppose you were good at .....what would you be able to do?"  
"What stops you being good at .....?"
- Use of humour to explode unhelpful beliefs.

### Input

- Identify times when the child has learned effortlessly and easily, what it looked like, how it felt, what others said and any internal dialogue.
- Build a bank of memories when the child was successful and encourage association with these experiences.
- Anchor positive states for confidence and success in learning and show the child how to use these as self help strategies.
- Use of a spatial marking technique (A Piece of Cake).
- If deep seated feelings of hopelessness, helplessness and worthlessness.
- Use EFT combined with affirmation script.

### Future Pacing

- Rehearsal of new behaviours and strategies - what will be different, how will you know that things have changed?
- Role play and association with new behaviour and beliefs.
- Use of therapeutic story to reinforce possibilities of change and benefits of learning.
- Scaling to assess new level of confidence, what could make this higher?