# Skill-Building Challenge Worksheet: Self-Esteem and Decision Making

Name: Blank Class: Blank Date: Blank

Pair up or get into groups according to your teacher’s instructions. Read the following story. Ask yourself: How would this story end if Bharat had low self-esteem or high self-esteem? Write two alternate endings, one in which Bharat has low self-esteem and the other high self-esteem. As you write the two endings, consider ways in which self-esteem could influence Bharat’s decisions. Use the Decision-Making Skill Cues as a reminder of which decision-making steps should be included in the story.

**BHARAT’S DECISION**

Bharat was hanging out with friends after school. His friend Rachit told everyone he wanted to skip school the next day to play in an esport competition. Dillan responded that he might be able to sneak some food out of his house after his mom left for work. Then Joseph added that he could probably bring his brother’s expensive controllers for the games. Everyone was exuberant about the plan they just hatched except for Bharat, who felt anxious about the whole situation. He had a paper due in history class tomorrow, and he knew his friends sometimes did stupid things.

1. How does this story end if Bharat has low self-esteem?

How does this story end if Bharat has high self-esteem?