

When talking to Heather about her self esteem issues, I would first talk about the things she does from day to day. I would try to talk to her about friends, school, family, and about the things she likes to do. By sitting back and listening to Heather talk, will hopefully help her to feel some value in herself because someone is listening to her talk without judging her. While continuing to let her talk, I would ask her about what things she values and see if she has high or low value. Increasing her values ^{to what?} ^{def?} could have a direct effect on increasing her self esteem (DeBord, 1998). I would also identify and talk to Heather about her feelings about the problems she is facing and show her I care even if there is little I can do to diminish these problems. By going through all of Heather's good attributes, we can hopefully diminish her thoughts of how other's view her and try to base her self esteem on how she views herself. Heather is constantly looking at herself through her peer's eyes, and this is making her have a low self image. ^{is?} {A study found that self esteem follows a sense of achievement (DeBord, 1998)} Therefore, while talking about her good attributes and writing them down, I will ask her about the good attributes of her peers. Most likely many of them will be the same and by pointing out the good things that both her and her peers share will in return help Heather see that she is not so different from her peers and even Robin. Also by doing a number of different tasks that she will be good at, will help her feel a sense of accomplishment and will also help improve her self esteem. Helping Heather learn to feel secure about herself and helping her learn how to make decisions about everyday events will serve as solid footing for lifelong learning and improvement of her self esteem (DeBord, 1998).

Good - but ~~how~~ ^{is} the study statement audience appropriate?

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