

# Self-knowledge and self-esteem

## A journey into our inner self



**“Important is not so much our place in the theater of the world but our acceptance in the theater of our inner self. ("Victory daze" )”**

**— Erik Pevernagie**



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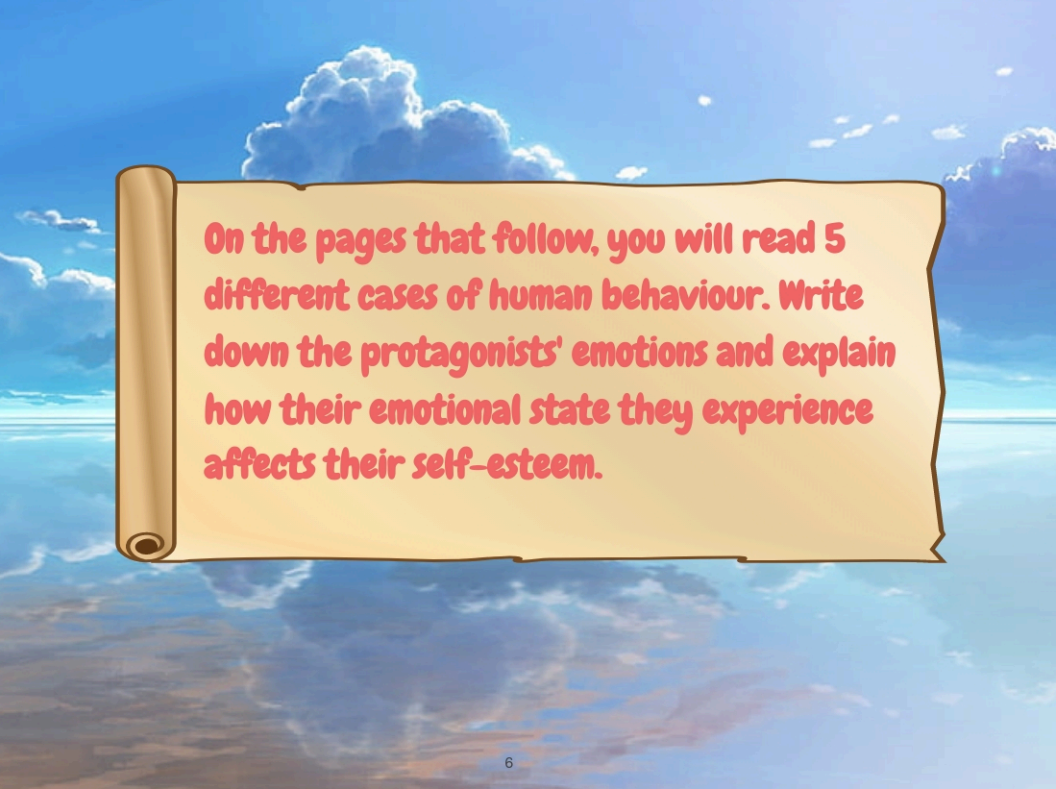
## Task 1

**A. Eleni is preparing to take the Panhellenic Exams in a few days. Her aim is to enter the Medical School in Athens. She has studied a lot and is extremely well prepared. Eleni, however, is a child of a large family and due to financial difficulties, if she moves to another city she will find it difficult to attend university.**

**AI.** Complete this hypothetical story, considering that Eleni, as a personality, has high self-esteem.

**A2.** Complete this hypothetical story, considering that Eleni, as a personality, has low self-esteem.

**A3.** What would you suggest Eleni to do in order to boost her self-confidence / self-esteem?

A scroll with a brown border and a rolled-up end on the left side, containing red text. The scroll is set against a background of a bright blue sky with white clouds and a view of a landscape from above, showing a horizon line and a mix of blue and brown ground.

**On the pages that follow, you will read 5 different cases of human behaviour. Write down the protagonists' emotions and explain how their emotional state they experience affects their self-esteem.**

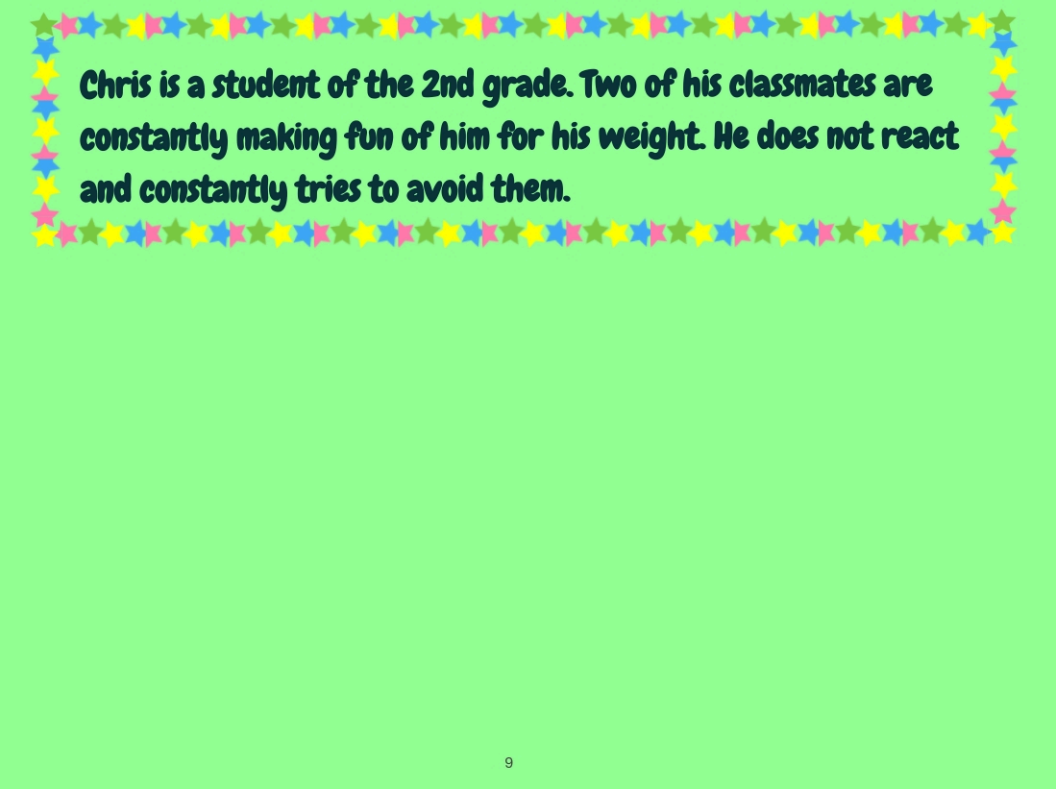


**Costas is 15 years old. He always does what his friends tell him. He never expresses a different opinion from theirs.**

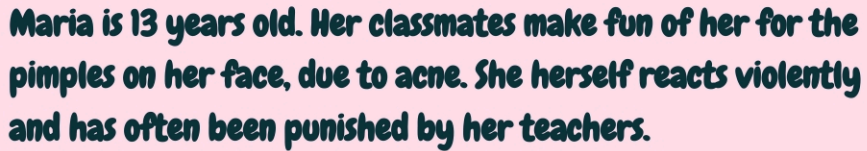




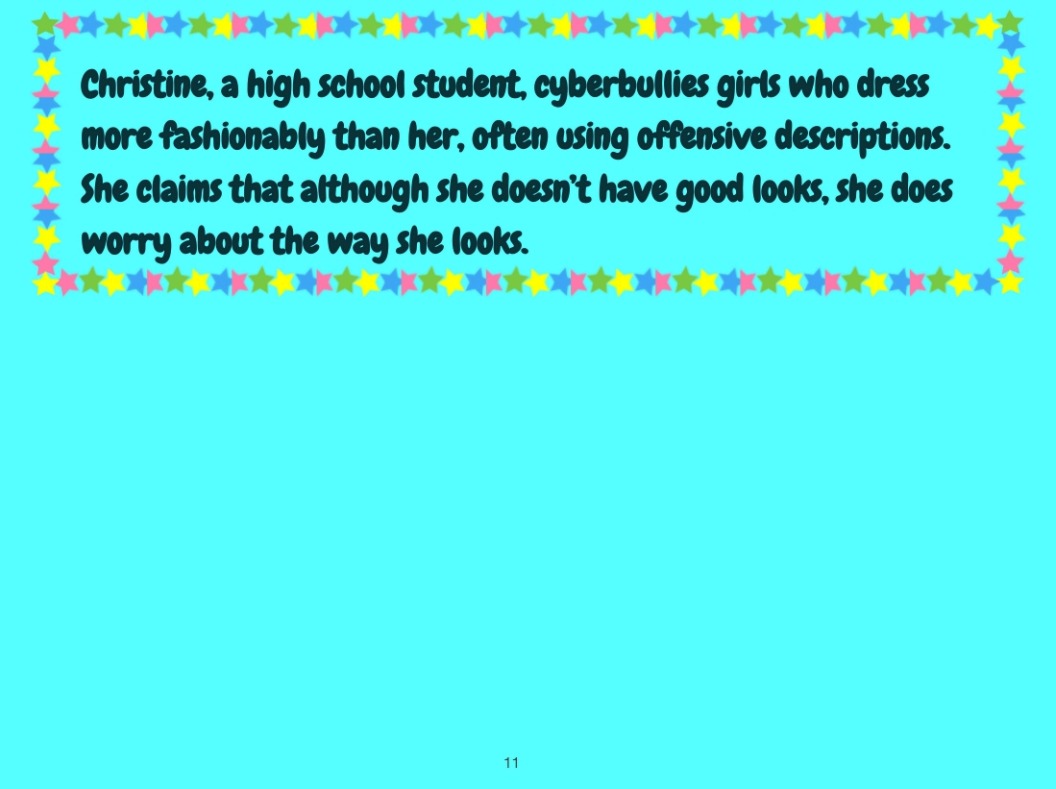
**Nadia always sits alone during school breaks, even though some of her classmates try to approach her.**



**Chris is a student of the 2nd grade. Two of his classmates are constantly making fun of him for his weight. He does not react and constantly tries to avoid them.**



**Maria is 13 years old. Her classmates make fun of her for the pimples on her face, due to acne. She herself reacts violently and has often been punished by her teachers.**



**Christine, a high school student, cyberbullies girls who dress more fashionably than her, often using offensive descriptions. She claims that although she doesn't have good looks, she does worry about the way she looks.**



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