



by *Jostens*<sup>®</sup>

# CRITICAL THINKING SELF-WORTH

*Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.*

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- 1. MIKE SUGGESTS THAT MANY YOUNG PEOPLE EITHER THINK THAT THEY'RE NOT GOOD ENOUGH OR THAT THEY'RE BETTER THAN EVERYONE ELSE.**

*Do you agree with this statement? Why or why not? On a scale of one to ten, with ten representing feeling "better than everyone else," where on that scale would you place yourself? Explain your answer.*

- 2. GUEST DANE ADAMS BELIEVES THAT EVERY HUMAN NEEDS TO LOVE, TO BE LOVED, TO HAVE WORTH, TO BELONG, AND TO HAVE AUTONOMY. OFTEN TIMES, HOWEVER, THE WORLD TELLS US THAT WE DON'T DESERVE THOSE THINGS.**

*Who do you think he means when he uses the term "the world"? Give some examples of how we receive these types of messages and describe how they can affect us.*

- 3. IN COLLEGE, DANE REALIZED THAT BEING INVOLVED IN LOTS OF ACTIVITIES DIDN'T DEFINE HIM.**

*Do you think your activities — school or otherwise — define who you are? Why or why not? What else helps define who you are?*

- 4. TAKE SOME TIME TO REFLECT AND ANSWER DANE AND MIKE'S QUESTION: "ARE YOU IMPERSONATING? OR ARE YOU CREATING?"**

*In this context, what characteristics can help define the terms "impersonating" and "creating"? What's one way you impersonate others? What's one way you create for yourself?*

- 5. MIKE ENDS THIS EPISODE BY POSITING THAT, "YOUR SELF-WORTH? IT'S NOT FOUND IN WHAT YOU DO. IT'S FOUND IN WHO YOU ARE."**

*If your self-worth isn't based on "what you do", then how do you define "who you are"?*

*What are three ways you could measure or evaluate your self-worth?*





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