

“No one can make you feel inferior, without your consent.”

—Eleanor Roosevelt



What do you think this quote means? (It may seem pretty simple, but let's take it apart to make sure we *really* know what it means.)

- Look up the definition of **inferior**:

- Look up the definition of **consent**:

- Now, rewrite the quotation in your own words:

Think about an experience when you allowed yourself to feel low about something you did. If you purposely hurt someone or caused some difficulty, you should feel responsible and resolve to improve. If you feel you were treated unfairly and allowed yourself to feel low, you must realize that you and you alone are responsible for the way you react. No one controls your reaction but *you*.

Adapted from *Self Esteem & Conflict Solving Activities* by Beth Teolis, The Center for Applied Research in Education, 1996.



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