



Annex - I

Critical Incidents of Low Self-Esteem (CILS-E)

Name:	Date:
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Instructions: In your responses, always use a 11-points scale for ratings, where value = 10 represents the maximum positive value, values = 7-8-9 are quite high values, values = 5-6 are medium values, values 2-3-4 are quite low values, and value = 0 represents the minimum negative value. In some cases, in the assessment you must indicate both the sign (+ or -) and the assigned value. The percentages will always be between 100-0%.

PART-I: Self-registration Sheet of the behavior performed

- Briefly describe the situation in which the incident of low self-esteem occurred:
- Exactly what did you do in that situation?
- How do you rate your own performance in that situation?
- How do you rate the result obtained in that situation? Indicate its sign and value.
- To what factors do you attribute the result obtained in that situation? Indicate the percentage.
 - Own internal factors:
 - External environmental factors:
- How did you perceive/conceptualize yourself after that situation?
- How did you estimate yourself as a result of all this?

PART-II: Analysis Sheet of the previous self-registration (alternative behaviors)

- To what extent did you identify the situation you were in as a self-esteem instance?
- How would you assess the ego-Model that could have functioned as a criterion of self-esteem on that occasion? Indicate its value.
- How did you perceive/conceptualize yourself (initial ego-Perceived) prior to entering this self-esteem instance?
- To what extent did this self-esteem instance correspond to any of the following different domains?
 - Competence in tasks:
 - Social skills:
 - Physical attractiveness:
 - Control:
 - Other domains. Describe them:
- Detail what kind of personal goals of yours might have come into play in this self-esteem instance. For example: achieve competence, self-discipline, social acceptance, self-acceptance, control, self-control, physical attractiveness, others...; or avoid failures, mistakes, criticism, rejection...
- In your opinion, what demands did this self-esteem instance raise in connection with your personal goals?
- What are the characteristics of the ego that could have functioned as a criterion (ego-Model) to evaluate oneself in this self-esteem instance? Try to connect the demands of this self-esteem instance with your personal goals through the ego-Model:
- Considering both the demands of this self-esteem instance and your personal goals in it, what other alternative behaviors might have been undertaken in this same situation? Describe them and estimate the result of the self-esteem instance that could possibly have been obtained if each of them had been carried out:
 - b1: _____ Result:
 - b2: _____ Result:
 - b3: _____ Result:
 - b4: _____ Result:
 - bn. : _____ Result:
- Based on this prior estimation of results, what behavior do you think should be selected to perform on that self-esteem

instance?

10. Finding yourself on this instance of self-esteem, to what extent could you have effectively carried out the previously selected behavior?
11. In case of not having been able to carry out the selected behavior or having carried it out poorly, what barriers would have prevented it? Detail them:
 - Internal barriers:
 - External barriers:
12. What resources would you have needed, if any, to overcome these barriers? Detail its nature (for example, personal, economic ...) and characteristics:
13. If you had actually carried out the selected behavior, what do you think the self-esteem result obtained on this instance would have been? Indicate its sign and value:
14. What type of interpretation criteria have you used to assess the new result on this self-esteem instance? Detail it:
 - Objective external criterion:
 - Subjective internal criteria:
15. To what factors would you now attribute the new result on this self-esteem instance? Indicate the percentage:
 - Own internal factors:
 - External environmental factors:
16. How would you have perceived/conceptualized yourself (final ego-Perceived) if you had performed the selected behavior on this self-esteem instance?
17. How do you think your resulting self-esteem would have been as a result of the hypothetical change in behavior that we have been commenting on?

PART-III: Follow-up of critical incidents of low self-esteem

Please indicate how often you have experienced these incidents, as well as the resulting self-esteem in the last 7 days:

- Frequency (number of times):
- Average resulting self-esteem:

