

## **COUNTER BALANCE DESIGN GROUP COUNSELING THROUGH COGNITIVE RESTRUCTURING AND MODELING IN INCREASED SELF-ESTEEM**

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### **ABSTRACT**

Opposed to students with low self-esteem, students with high self-esteem have high confidence and self-efficacy to reach their dreams. Cognitive behavioral counseling has proven to increase self-esteem.

**KEYWORDS:** Behavioral, Cognitive Counseling, Self-Esteem, Cognitive Reconstruction, Modeling