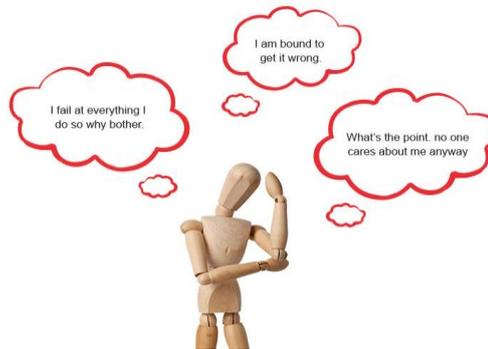




SELF-ESTEEM

We tend to go through life evaluating ourselves and others according to a scale of worth. The idea of self-esteem is the amount of value that we consider we are worth. These values vary from person to person. Whilst we might rate ourselves as being of little value, others might rate us much higher.



If we get into the habit of thinking negatively about ourselves, then low self-esteem, or placing little value on ourselves, is the result.

Low self-esteem can be a result of negative life experiences, particularly when we are young and most vulnerable. These experiences may include being criticised or judged negatively, such as from a parent or school bullies.

As adults, abusive relationships and incredibly stressful life events can also cause low self-esteem. Low self-esteem can stay low, because of our own self-critical thoughts, which can be triggered by criticism, or perceived criticism (even if none is intended, we believe we are being criticised).

Self Esteem



How Low Self Esteem affects our Emotions.

- depressed
- hurt
- angry
- frustrated
- anxious
- ashamed
- guilty....
- Negative thoughts, self-critical: I am so stupid, I am worthless, It's my fault, I'm a failure, I'm not good enough, I'm incompetent.
- Unhelpful Thinking Habits might include Mental Filter, Mind Reading, Self-Blame, Internal Critic, Compare & Despair, Should and Musts, Black and White Thinking Behaviours
- try to please others
- get defensive when we believe we are being criticised
- under-achieve or work harder to compensate and cover up our incompetence
- shy and passive around others
- avoid situations and people
- neglect or abuse ourselves

Doing things differently

- Communicate with others assertively
- Set achievable and realistic goals. When you achieve them, congratulate, and treat yourself, and allow others to congratulate you.
- Accept compliments - say thank you, and smile
- Act the person you want to be - play the role for long enough and you can become that person
- Visualise positive change
- Look after yourself - eat healthily, exercise, do more things you enjoy doing
- Stand, walk, and talk confidently
- Change your image - hair, clothes, make-up
- Take up a new hobby or interest
- Learn a new skill
- Reward yourself for achievements and successes - however small
- Thank others - show your appreciation, and others will appreciate you
- Do things for others - help someone out. It makes us feel better about ourselves.
- If you can do something well, let others notice - when they notice your work, their opinion of you will be raised, which in turn, raises your own self



