

Self-Esteem



How Do You Feel About You?

Definition

- Self-esteem is the judgment or opinion we hold about ourselves. It's the extent to which we perceive ourselves to be worthwhile and capable human beings.
- Self-esteem is the picture we have of ourselves.
- Self-esteem is made up of all the experiences and relationships we've had in our lives. Everyone we've ever met has added or taken away from how we see ourselves.
- Self-esteem can be changed and changed at any age.





High Self-Esteem

- People with high self-esteem:
- Like to meet new people
- Don't worry about how others will judge them
- Have the courage to express themselves
- Lives' are enriched with each new encounter
- Are nicer to be around
- Ideas are met with interest because others want to hear what they have t say.
- Are magnets to positive opportunities
- Have an “ I THINK I CAN” attitude!!!!




Low Self-Esteem



- People with low self-esteem:
- Don't believe in themselves
- See themselves failing before they even begin
- Have a hard time forgiving their mistakes and make themselves pay the price forever
- Believe they can never be as good as they should be or as good as others
- Are afraid to show their creativity because they will be ridiculed
- Are dissatisfied with their lives
- Spend most of their time alone
- Complain and criticize
- Worry about everything and do nothing
- Have an "I CAN'T DO IT" attitude

Some common signs of low self-esteem

- Exaggerated bragging
- Resorting to numerous attention-getting behaviors such as clowning, acting overly silly, teasing, complaining, exhibiting both verbal and physical aggression
- Very reactive to ups and downs of daily life – failure can be devastating, even on minor issues
- Being self-critical and always apologizing 
- Easily influenced by peers
- Blaming
- Reluctance to learn new things or avoiding a challenge
- Over-reacting to things and situations
- Being unable to make choices or solve problems
- Putting themselves down



Take a minute...



Think about a
positive
experience in
your life.





The positive experience that you remembered can most likely be described by one or more of the these feelings:



- You felt secure, safe, and trusting of your environment.
- You felt special or unique. You felt worthwhile.
- You felt important and appreciated by someone whose opinion you valued.
- You had a goal or purpose. You were successful in achieving what you wanted.
- You felt that you made a difference. You felt capable.

The positive experience that you had probably satisfied a basic emotional need. It helped reinforce a belief in your own value as a person.

There are five feelings that nurture high self-esteem:

1. A sense of **Security**: a feeling of trust or safety.
2. A sense of **Self-hood**: knowing who you really are.
3. A sense of **Affiliation**: a sense of belonging.
4. A sense of **Mission**: a feeling of purpose, direction and responsibility.
5. A sense of **Competence**: feeling like you are capable and successful in the things you do.



Here are a few steps you can take to improve your Self-Esteem:

1. Forgive yourself for past mistakes.
2. Focus on your positive attributes.
3. Follow the example of successful people.
4. Become a self-talker.
5. Exhibit a good attitude.
6. Get plenty of rest.
7. Make your work/study skills your own.
8. Practice your talents.
9. Become physically fit.
10. Learn new things.
11. Improve your personal relationships.
12. Dress well!!!!



Let's Review

- Self-esteem comes from every experience of your life.
- How you view yourself affects everything you do in life.
- High self-esteem gives you a GOOD feeling about yourself.
- Low self-esteem distorts your view of yourself.
- Self-esteem can be improved!!!





FINAL THOUGHT



- You are a unique individual. No one else is like you in the whole world. This makes you special already!
- Our time in this world is limited. Make it happened for you so you leave your mark in this world!