

REFLECTIONS ON UNCONDITIONAL WORTH

**Separate worth
from externals.**

When worth equals externals,
self – esteem rises
and falls along
with events.



1. All have infinite, internal, eternal, and unconditional worth *as a person*.
2. All have equal worth as people. Worth is not comparative or competitive.
3. Externals (like money, looks, performance, and achievements) neither add nor diminish worth.
4. Worth is stable and never in jeopardy (even if someone rejects you).
5. Worth doesn't have to be earned or proved. It already exists. Just recognize, accept, and appreciate it.

This guy feels less worthwhile when he looks in the mirror and notices his complexion. Then he feels better when that cute girl says hello, but when she fails to ask him for a date, he feels depressed. A compliment on his hairdo – he feels great; criticism of him – he feels bad. He feels great when a teacher praises him but miserable when friends don't invite him to a party.

Sources: Schiraldi, G. R. (2001). *The Self-Esteem Workbook*. Oakland: A New Harbinger Publications, Inc.