

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

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