

## THE CORE OF SELF-ESTEEM

The way people view and feel about themselves has a profound effect on how they live their lives. Self-esteem is a realistic and appreciative opinion of one self.



Feeling bad about events, behaviours, outcomes, or some other externals can be appropriate and valuable for the future life. It shows what you can change and improve. It's okay to judge your behaviours and skills, but without condemning the core self. Thus it is important that you are able to self-affirm yourself.

**Replace** *Because ... therefore* **thoughts with** *Even though ... nevertheless* **thoughts**

„Because I failed the exam therefore I'm worthless.”	➔	„Even though I failed the exam, nevertheless I'm still a worthwhile person.”
„Because I behave in dumb ways sometimes therefore other people don't like me.”	➔	„Even though I behave in dumb ways sometimes, nevertheless I still deserve respect as a person.”
„Because I was not invited to a party, therefore I am less valuable than others.”	➔	„Even though I was not invited to a party, nevertheless I'm still an important and valuable person.”

## Self-affirming thoughts...

Check how other people are able to self-affirm themselves.



## Create the habit of self-affirming thoughts

Make three lists:

- one of your strengths
- one of your achievements
- and one of the things that you admire about yourself.

Try to get a friend or relative to help you with these lists.



### My strengths

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### My achievements

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### Things I admire about myself

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

Take a 2 minute  
self-appreciation  
break each day.