

Building Self Esteem

Do you wonder regularly what others think of you or do you often criticize and put yourself down? If so, you may be having problems with your self esteem.

Self esteem related to how you feel and think about yourself. If you have positive self esteem, you are able to accept yourself with all your strengths and weaknesses. You are able to see yourself in a constructive light, appreciating and using your personal strengths. You are able to understand that they are part of learning and growing as an individual.

Checklist

Check if you have problems with your self esteem by reviewing the following statements:

- I don't like myself
- I think I'm incompetent.
- I doubt others think much of me
- I'm not very intelligent
- I can make such a fool of myself
- Why would anyone like me?
- I make so many mistakes
- I am not good looking

If some of those statements are ones you've thought to yourself many times, self esteem may be an issue you need to take a look at.

Exercise

There are many exercises that can be used to help a person like themselves and feel good about who they are. Here's one that you could try.

Sit back in a chair and relax. Close your eyes and let yourself see a picture of you, but you with a difference. This is a you that you like. What do you look like in the picture? What are you feeling and thinking? What are you doing? Stay with that picture for a little while. Then slowly open your eyes. Remembering that picture, what's one thing that you are prepared to do to help yourself move towards being the person in your picture. Remember that your picture needs to be realistic. We can't all be brilliant geniuses or gorgeous models.

Building self esteem and coming to an acceptance of self means understanding and changing the way you think about yourself.

The staff at PPC are trained to help you understand yourself and to make the changes you want in order to see yourself in a positive and constructive way. A trained counsellor can meet with you and discuss your particular concerns. The two of you can then look at the options available to help you learn self acceptance and build self esteem.