



### Fear of Judgement

- Recognize irrationality
  - “I can’t read minds”
  - “My opinion is just as important”
  - “Their opinion doesn’t make it fact”



- Feel judged
- Feel rejected

### Treatment of Self

- Give self a break
- “I’m human”



- Hard on myself
  - “I should be perfect”

### Perception of the World

- Positive side of neutral



- Negative perspective and focus

**SELF ESTEEM**

### View of the Past

- Internal:
  - “It made sense at the time”
- External:
  - “I can make the best of it”



- Regret about my choices
- Anger about things that happened to me

### Successes/Failures

- See successes
  - Recognize small successes
  - Don’t dismiss positive statements from others



- Feel like a failure or not special

Goal: To reduce the “weight” pulling self-esteem down while also increasing the “lift” that helps self-esteem rise.

## **Self-esteem: 4 steps to feel better about yourself**

**If you have low self-esteem, harness the power of your own thoughts and beliefs to change how you feel about yourself. Start with these four steps to a healthier self-esteem.**

By Mayo Clinic staff

Low self-esteem can negatively affect virtually every facet of your life, including your relationships, your job and your health. However, you can take steps to boost your self-esteem, even if you have been harboring a poor opinion of yourself since childhood. Start with these four steps.

### **Step 1: Identify troubling conditions or situations**

Think about the conditions or situations that seem to deflate your self-esteem. Common triggers might include:

- A business presentation

- A crisis at work or home

- A challenge with a spouse, loved one, co-worker or other close contact

- A change in life circumstances, such as a job loss or a child leaving home

### **Step 2: Become aware of thoughts and beliefs**

Once you've identified troubling conditions or situations, pay attention to your thoughts about them. This includes your self-talk — what you tell yourself — and your interpretation of what the situation means. Your thoughts and beliefs might be positive, negative or neutral. They might be rational, based on reason or facts, or irrational, based on false ideas.

### **Step 3: Challenge negative or inaccurate thinking**

Your initial thoughts might not be the only possible way to view a situation — so test the accuracy of your thoughts. Ask yourself whether your view is consistent with facts and logic or whether other explanations for the situation might be plausible.

Be aware that it's sometimes tough to recognize inaccuracies in thinking, though. Most people have automatic, long-standing ways of thinking about their lives and

**Avoid 'should' and 'must' statements.** If you find that your thoughts are full of these words, you might be putting unreasonable demands on yourself — or on others. Removing these words from your thoughts can lead to more realistic expectations.

**Focus on the positive.** Think about the good parts of your life. Remind yourself of things that have gone well recently. Consider the skills you've used to cope with challenging situations.

**Relabel upsetting thoughts.** You don't need to react negatively to negative thoughts. Instead, think of negative thoughts as signals to try new, healthy patterns. Ask yourself, "What can I think and do to make this less stressful?"

**Encourage yourself.** Give yourself credit for making positive changes. For example, "My presentation might not have been perfect, but my colleagues asked questions and remained engaged — which means that I accomplished my goal."

These steps might seem awkward at first, but they'll get easier with practice. As you begin to recognize the thoughts and beliefs that are contributing to your low self-esteem, you can actively counter them — which will help you accept your value as a person. As your self-esteem increases, your confidence, and sense of well-being are likely to soar.

themselves. These long-held thoughts and beliefs can feel normal and factual, but many are actually just opinions or perceptions.

Also pay attention to thought patterns that tend to erode self-esteem:

**All-or-nothing thinking.** You see things as either all good or all bad. For example, "If I don't succeed in this task, I'm a total failure."

**Mental filtering.** You see only negatives and dwell on them, distorting your view of a person or situation. For example, "I made a mistake on that report and now everyone will realize I'm not up to this job."

**Converting positives into negatives.** You reject your achievements and other positive experiences by insisting that they don't count. For example, "I only did well on that test because it was so easy."

**Jumping to negative conclusions.** You reach a negative conclusion when little or no evidence supports it. For example, "My friend hasn't replied to my email, so I must have done something to make her angry."

**Mistaking feelings for facts.** You confuse feelings or beliefs with facts. For example, "I feel like a failure, so I must be a failure."

**Self put-downs.** You undervalue yourself, put yourself down or use self-deprecating humor. This can result from overreacting to a situation, such as making a mistake. For example, "I don't deserve anything better."

## Step 4: Adjust your thoughts and beliefs

Now replace negative or inaccurate thoughts with accurate, constructive thoughts. Try these strategies:

**Use hopeful statements.** Treat yourself with kindness and encouragement. Pessimism can be a self-fulfilling prophecy. For example, if you think your presentation isn't going to go well, you might indeed stumble through it. Try telling yourself things such as, "Even though it's tough, I can handle this situation."

**Forgive yourself.** Everyone makes mistakes — and mistakes aren't permanent reflections on you as a person. They're isolated moments in time. Tell yourself, "I made a mistake, but that doesn't make me a bad person."

# My Strengths and Qualities

Things I am good at:

1.

2.

3.

Compliments I have received:

1.

2.

3.

Things I like about my appearance:

1.

2.

3.

Challenges I have overcome:

1.

2.

3.