

Self-Esteem

What is Self Esteem?

Self-esteem is a way of thinking, feeling, and acting that shows you accept, respect, trust and believe in yourself.

When you **accept** yourself, you can live with your weaknesses without undue self criticism.

When you **respect** yourself, you acknowledge your own dignity and value as a unique human being.

Self **trust** means that your behaviours and feelings are consistent giving you an inner sense of continuity and coherence despite changes and challenges in your external circumstances.

To **believe** in yourself means that you feel you deserve to be happy. It also means that you have confidence that you can fulfil your personal needs, aspirations and goals.

A fundamental truth about self esteem is that it needs to come from within.

Low Self Esteem

Low self esteem creates a deficiency causing feelings of emptiness. It is common to try to fill this emptiness by latching onto something external giving temporary satisfaction and fulfilment.

Symptoms of Low Self Esteem

- Inability to accept compliments
- Takes blame easily
- Lack of pride and grooming
- Difficulty saying no to others
- Fear of rejection
- Inability to identify positive things about self
- Uncomfortable in social situations
- Lack of life goals and setting inappropriately low goals for self
- Self disparaging remarks showing perceptions of self as unattractive, worthless, a burden & unimportant

Building your Self Esteem

Growing your self esteem means developing confidence and strength from within. Having a healthy self esteem means that you no longer need to appropriate or identify with someone or something outside yourself to feel a sense of worth. The basis for your self worth is internal making it lasting and stable.

Often negative perceptions of self have been present over a long period of time making them difficult to alter. Psychological counselling can help you elevate your self esteem by:

- Challenging negative thought patterns to develop a positive self image
- Encourage pride in appearance
- Develop skills to be more assertive
- Identification and acceptance of positive traits

Start to improve your self esteem
by seeking the support of a
skilled psychologist.
Contact Solution Focus Psychology on
1300 734 042.

Visit our website www.solutionfocus.com.au