

What is Self Esteem?

Self esteem is the way you are able to value yourself, your perception of who you are and what you are capable of. Our self esteem is usually linked to our life time of experiences and may well have been shaped in childhood.

The good news is that self esteem can be improved at any age.



What effects self esteem?

Childhood Trauma

Sometimes as a child you may have felt as though you were not able to live up to an expectation that was put upon you. You may not yet even be aware of this as something that started in childhood.

Therapy is where you are enabled to explore where these beliefs about yourself may have begun.

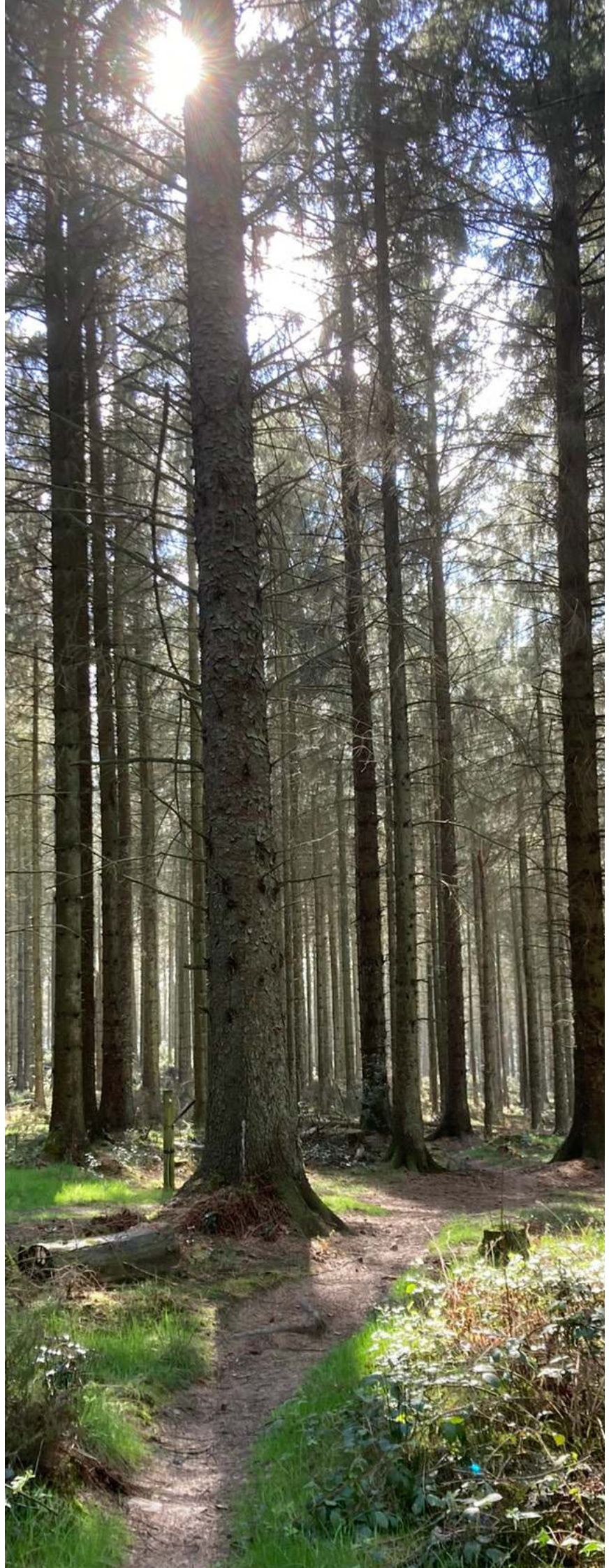
Bullying

It is very common for people to experience bullying during school years, even in primary school. Perhaps because it is so common, it may be underestimated the negative impact this can have upon your self esteem.

Maybe you believed the words spoken over you as being true.

Hurt in Relationships

Relationships where our feelings are not validated are one example of how our self esteem can be impacted. It may even be words a teacher spoke over you that continue to haunt you in the present day.



Three ways to improve self-esteem

Getting to know who you are, your likes and vision for your life helps improve your self esteem. Make sure you celebrate even small achievements!

Awareness

The first step to improving your self esteem is to become aware of the type of thoughts you have about yourself. You may have negative thoughts about yourself such as 'No one likes me'. Look for actual evidence of this and write down both the statement and the evidence that contradicts this. Do this with each thought you have and then you can look back at it to remind yourself it is not true.

Learn to like yourself

If you can't find one thing you do like about you, then ask someone close to you who you trust to tell you one thing they see as a quality they like about you. Write this down. Begin to listen out for any compliments you receive about you. Write each one down as evidence of positive things about you. You can start to think about what interests you have because it is likely that these are things that you may have a skill in. For example if you like baking, or art.

Being able to use positive statements about you will lead to you believing good things about yourself, it may take practice but self esteem can be improved in this way. Your brain may be in an entrenched habit of dwelling on negative thoughts about you, and it will take time to teach your brain a new habit.

Be kind to yourself

Be kind to yourself. Self esteem varies to do with different situations and days. It is not possible to have positive self belief all the time, there may be times you notice areas that need improvement and that is OK.

Offer yourself compassion, or think what you may say to your best friend if they were experiencing this. It is not possible to be perfect and perfectionism and self esteem can go hand in hand.



About Presence Counselling

I'm Susie and I help people who find they put themselves down and find it difficult to feel good about themselves.

I trained to be a therapist because I found others naturally seemed to tell me about what was upsetting them, or talk to me about issues very important to them, even the first time I met them.

I'm very interested in people. I have a zest for life.

I'm married. I've got two grown up children and 4 grandchildren. I am passionate about Christ and being His disciple. I love being out in the countryside enjoying the wonders there. I have a lovely yellow Labrador who I walk miles with and a beautiful baby budgie I'm training to talk.

