



Self Esteem: Do We Really Need It?



To maintain and developing a healthy self esteem start by doing the following:

1. Recognize your insecurities- what does that irrational voice in your head say. What makes you uneasy, embarrass of yourself. Whatever makes you feel ashamed or inferior. Identify it.
2. Discuss your insecurities with friends and loved ones: The more you talk about it the more you start accepting the problems and start finding ways to deal with it or cope with it. Sometimes issues don't have solutions.
3. Bounce back from your mistakes: Remember no one is perfect, don't judge yourself so harshly.
4. Identify your successes: Everyone is good at something. Identify what you good at than focus on it. Allow yourself to accept praises as well as give yours permission to take pride in your successes. Inferiority is a state of mind where you allow yourself to be a victim. Don't allow others to victimize you and especially don't victimize yourself.
5. Have a positive attitude: Avoid self pity. If you think of yourself not worthy others would perceive you like that. Where as the opposite is true, posses confidence and good self esteem and others will perceive you as having a healthy self-esteem and self-confidence.
6. Learn to accept compliments: Accept and acknowledge the success and politely say thank you.
7. Using "I" statements: By looking in the mirror and accepting yourself every day and using statement like "I know I can do it" and "I know I'm a good person" etc.. One will start believing that one can be a success.

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Self esteem is crucial and is the main component of a positive attitude toward self. It is very important because it affects how one thinks, acts and even how one relates to other people. Healthy self-esteem entails thinking good about yourself. However, that is not always the case. Some are often taught that we will "fail" so it's often hard to enjoy success, no matter how small each "success" might be.

How can one build self esteem? The process is simple but the work can be quite difficult. Some people are so set in their ways that they are afraid to challenge themselves to try new things. It's almost as if a therapist has to reprogram an individual to change the way he/she thinks about himself/herself. 

Self esteem is base upon the experience of successes. When people experience success, they grow in self confidence. As self confidence starts to develop people feel empowered to try and face new challenges. As they gain confidence they can confront issues in their lives that seemed difficult. The good feeling leads to further growth of self confidence, self reliance and self esteem.

Food for thought:

- Exercise and healthy eating is very important. Exercise releases endorphins to the brain that makes you happier and it's certainly easy to increase your self confidence. Feeling good and looking good is always a plus.
- Don't be afraid to step out of your comfort zone. Pushing yourself will help you gain the skills necessary and confront your fears.
- Praise yourself. Every time you want to negatively talk about yourself, stop the negative thinking and reinforce it with positive thinking.
- Realize that no one is perfect. Know your limits. It takes time to learn a skill.