

What is Self-esteem?

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Self-esteem is a fundamental need, it impacts us whether we are aware of it or not, whether we think about it or not. Self-esteem is our confidence in how we think, how we cope with everyday challenges, whether we are successful and happy, feel worthy, deserving, knowing our needs and wants, and being able to realize our values and to enjoy what we accomplish.

According to Nathaniel Branden, psychotherapist and leading author on self-esteem for over 40 years, self-esteem has six areas that Branden considered to be essential; 1. Living consciously is ability to be aware of our surroundings and how we fit and react to those surroundings. 2. Self-acceptance is a personal declaration, to stand up for myself, value myself, to have respect for myself and to stand up for my rights. 3. Self responsibility means to hold yourself accountable for your actions and achievement of your personal goals. 4. Self assertiveness is devotion to your needs, wants, values, and finding the appropriate way of this expression in your life. 5. Living purposely to live with purpose for the attainment of your goals whether they are raising a family, earning a living, to start a new business, introducing a new product, finding a solution to a scientific problem, having a vacation home, and keeping a happy romantic relationship. It's our goals which provide the light at the end of the tunnel, that keeps us focused, and that energize our existence. 6. Personal integrity is the combination of ideals, convictions, standards, beliefs and our behavior. When our behavior matches our values, and ideals, we have integrity.

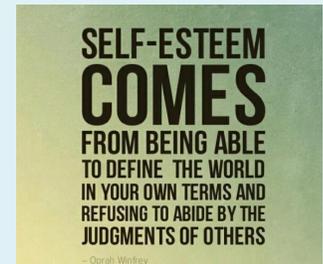
Self-esteem starts with our parents, extended family, teachers, education, environment, culture, peers, and work. Our self-esteem is what causes the flows in both directions. It is a circle between our actions in the world and our self-esteem. Our level of self-esteem influences how we act, how we act influences the level of our self-esteem. Self-esteem has a deep effect for every part of our life, how we function at work, how we cope with individuals, the level of personal gratification, and in the personal area, who we will fall in love with, and how we will cooperate with our spouse, children, friends, and the personal level of happiness we achieve. High self-esteem or low self-esteem either way it's self-perpetuating. I recommend reading "The Six Pillars of Self-Esteem by Nathaniel Branden.

Reference

The Six Pillars of Self-Esteem

By: Nathaniel Branden

Food for thought:



Reading Suggestions:

