



PEN Notes: Fact Sheet #3

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SELF-ESTEEM

Self-esteem:

Self-esteem is how we value and perceive ourselves and how valuable we think we are to others. Self-esteem affects how we trust others, our relationships, our work and all aspects of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without feeling rejected.



Signs of self-esteem:

- ❖ Self value
- ❖ Value to others
- ❖ Trust in others
- ❖ Relationship with others
- ❖ Taking charge of our lives without the fear of rejection

Low Self-esteem:

A debilitating condition that keeps individuals from realizing their full potential. Low self-esteem makes you feel unworthy, incapable and incompetent. People with low self-esteem feel so poorly about themselves that they cause continued low self-esteem.

Signs of Low Self-esteem

- Negative view
- Mistrust others
- Blame others
- Fear of taking risks
- Dependent
- Feeling of being unloved
- Fear of being ridiculed



How Low Self-esteem starts:

Low self-esteem is not something you are born with; it is learned. It's the result of filtering opinions, comments, suggestions, looks and actions of those around us. For example, if a child grows up with parents who are critical, he/she may learn they will never do well enough. If a child grows



up with neglectful parents, he/she may grow up feeling unworthy of care. These feelings may last a lifetime even though others may love and care for them. The low self-esteem will filter out the good and hear only the bad and live up to the expectations of a low self-esteem person. This behavior becomes "second nature."

It takes a whole village to raise a child

How to raise low self-esteem:

Letting go of low self-esteem feelings and behaviors that have built up over a lifetime is not an easy task. It takes time and hard work and may even involve professional counseling. There are some simple, positive-thinking techniques that can help build self-esteem. These are called *affirmations*. Affirmations are encouraging messages we can give ourselves every day until they become part of our feelings and beliefs. We must begin every day looking in the mirror and giving ourselves affirmations.

Affirmations:



1. I respect myself and others
2. I am loveable and likable
3. I care about others
4. I am a good friend to myself and others
5. I am confident and it shows
6. I am creating loving, healthy relationships
7. I accept myself just as I am
8. I look great

Steps to self-esteem

1. Confidence
2. Power
3. Integrity
4. Connection
5. Identity



Do's for building a child's self-esteem:

- er* Notice them
- er* Smile at them
- er* Listen to them
- er* Seek them out
- er* Remember their birthday
- er* Ask them about themselves
- er* Look in their eyes when talking to them
- er* Be honest
- er* Be yourself
- er* Share their excitement
- er* Follow them when they lead
- er* Send them a postcard
- er* Know where they are
- er* Delight in their discoveries
- er* Discuss their dreams and nightmares
- er* Suggest better behavior when they act out
- er* Stay with them when they are afraid
- er* Take time and concentrate only on them
- er* Give them space when they need it
- er* Kneel, squat or sit so you are at their level
- er* Meet their friends and parents
- er* Encourage win-win situations
- er* Give them lots of compliments
- er* Praise more and criticize less
- er* Ask for their opinion
- er* Applaud their accomplishments
- er* Inspire their creativity
- er* Become their advocate
- er* Include them in conversations
- er* Show up at their concerts, games and events

