

SELF-ESTEEM: HIGH OR LOW?

*Now I know I'm being used, That's okay because I like the abuse
I know she's playing with me, That's okay cause I've got no self-esteem...The Offspring*

WHAT TO KNOW!

- ❖ Self-esteem refers to a person's emotional evaluation of themselves and their worth
- ❖ It affects how we act in the world and how we relate to others
- ❖ It includes beliefs and emotions about oneself; people with low self-esteem put little value on their opinions and ideas while people with high self-esteem have a balanced and accurate view of themselves
- ❖ Self-esteem can predict academic achievement, happiness, satisfaction, success or failure in relationships, and our overall behavior
- ❖ Early childhood experiences as well as messages from parents, teachers, siblings, clergy and peers influence what we believe about ourselves
- ❖ People with low self-esteem often have childhoods where they were criticized, abused, ignored, teased or expected to be perfect
- ❖ People with low self-esteem often feel they have to please others by saying "yes" and then can become overwhelmed, resentful and angry
- ❖ Positive and negative events happen; how they are handled will affect our beliefs about ourselves and our capabilities
- ❖ The right word at the right time especially as we grow can have a huge impact on our confidence and self-esteem
- ❖ Having good self-esteem allows us to be optimistic and to feel positive about ourselves and life in general
- ❖ People with high self-esteem:
 - ❖ Are assertive in their values and principles
 - ❖ Are confident and trust their own judgment even when others disagree
 - ❖ Learn from the past and live in the present
 - ❖ Ask others for help when it is needed
 - ❖ Feel equal to others and have a sense of dignity for themselves
 - ❖ Are sensitive to others feelings and needs and generally follow the rules
- ❖ Often people incorrectly think that material possessions or physical attractiveness increase self-esteem; the entire advertising industry is based on this
- ❖ In his hierarchy of human needs, Abraham Maslow included self-esteem in terms of the need for respect from others and the need for self respect
- ❖ Carl Rogers believed that the origins of many people's problems emanate from their low self-esteem and beliefs that they are worthless and unable to be loved
- ❖ Since self-esteem can fluctuate, it is important to remember to think positively
- ❖ Self-esteem improves as we face our fears and learn from our experiences

WHAT TO DO!

- ❖ Challenge your inner critic by demanding proof of your irrational self beliefs/discard them
- ❖ Don't personalize stressful and negative events in your life
- ❖ Accept the comments and support from others
- ❖ Treat yourself as well as you treat others...with compassion and empathy
- ❖ Use "I" statements to assert your thoughts, feelings, and wants
- ❖ Seek professional help to improve your self-esteem and overall mental health

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067