

# Self Esteem

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## What is Self-Esteem?

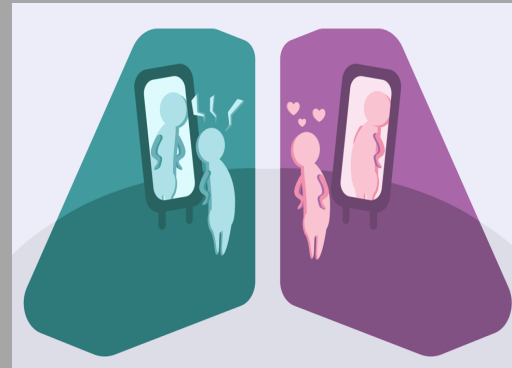
**Self-esteem** is how someone feels about themselves. It plays a significant role in motivation and success throughout your life. **Low self-esteem** may hold you back from succeeding at school or work due to not believing you are capable of success. **Healthy self-esteem** can help you achieve and navigate life with positive, assertive attitude and believe you can accomplish goals.

### **Where does Self-Esteem Come From?**

Parents, teachers, and others. The people in our lives can affect how we feel about ourselves. When others focus on what is good about us, we feel good about ourselves. When they are patient when we make mistakes, we learn to accept ourselves. When we have friends and get along, we feel liked.

### **Signs of Healthy Self-Esteem**

These are some simple ways to tell if you have healthy self-esteem. Including avoid dwelling on past, negative experiences, able to express needs, feeling confident, having positive outlooks on life, saying no when you want to, and seeing overall strengths and weaknesses and accepting them. Having a strong sense of self, and being confident are others signs of healthy self-esteem.



Sources

webmd..com  
Verywellmind.com

## How to Improve Self-Esteem

### **Positive Self-Talk**

• Things you say to yourself play a part in how you feel about yourself. Negative thinking will hurt your self-esteem. Positive thinking such will help you feel more hopeful.

### **Learn new things**

• We feel good about ourselves when we learn new things. Pick up a new hobby such as art, music, sports, or complete a set of tasks/chores.

### **Surround yourself with Positive Influences**

• Be with people that lift you up and help you feel good about yourself. Be that type of friend to others as well.

### **Accept what's not perfect**

• Remember you are doing the best you can and ask for help if needed.

### **Set Goals and Work Towards Them**

• Turn your goal into small steps and make a plan to reach them!

## Signs of Low Self-Esteem

### **Sensitivity to Criticism**

• When experiencing low self-esteem, this is seen as reinforcing flaws, or confirming inability to do anything right

### **Social Withdrawal**

• Declining invitations to go to hang out with friends, cancelling last minute, lack of interest in conversations.

### **Hostility**

• Easily irritated, aggression towards others, lashing out as a defense mechanism. Attacking others when feeling you will be criticized.

### **Excessive Reoccupation**

• Consistent worrying about personal issues. Struggling to empathize with other's problems due to preoccupation with own problems.

### **Physical**

• Unhealthy habits, such as drinking, smoking, drug use