

SO, HOW'S YOUR SELF-ESTEEM?



Learn:

The causes of low and high self-esteem

Personality traits of someone with low or high self-esteem

How to improve self-esteem

The benefits of positive self-esteem

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What is self-esteem?

Self-esteem is the collective feelings and opinion that a person has of him or herself.

Classic Symptoms of Low Self-esteem

Physical Characteristics: one or more

- Being grossly overweight
- Having a slack or wilted handshake
- Having a weak, uncertain voice
- Having a careless, sloppy appearance in both person and apparel
- Having a humped and sagging posture
- Having a sharply turned-down mouth and lackluster eyes
- Having a habitually tense, unhappy countenance
- Having a reluctance or inability to meet another's direct gaze

Classic Symptoms of Low Self-esteem

Common Personality Traits:

- Either timid, withdrawn and self-effacing or arrogant, domineering, aggressive, and fiercely competitive.
- One who wears protective masks, hides behind self-erected barriers or a synthetic, jovial front
- One who is prideful and boasting, either coming on too strong or not at all
- One who is desperate to dominate the conversation situation

Classic Symptoms of Low Self-esteem

Common Personality Traits:

- One who is a compulsive perfectionist, a people pleaser (cannot say “No!” to anyone, even when it is an inconvenience to him/herself to do what is asked), or a name dropper (bragging about having association with someone that is considered important)
- One who is a compulsive smoker, talker, drinker, hobbier, or a professional “helper-outer” (one who meddles in the affairs of others)

Classic Symptoms of Low Self-esteem

Common Personality Traits:

- One who always feels the need to “straighten out” others, despite his/her own faults.
- One who is a procrastinator
- Being harsh, impatient, and demanding and excessively critical and condemnatory of self and others
- One who is resentful and complaining

Classic Symptoms of Low Self-esteem

Common Personality Traits:

- **Rebellious against authority**
- **Reluctant or unable to admit his/her mistakes and inadequacies**
- **One who tries to make him/herself appear to be right or better than someone else by making someone else appear to be wrong or less than him/herself**

Classic Symptoms of Low Self-esteem

Psychological Characteristics:

- Anxious and unsure of him/herself
- Absorbed in his/her own problems and sense of inadequacy
- Thinks of self as a loser
- Dislikes, rejects, hates, despises self
- Ridden with shame, blame, guilt, and remorse

Classic Symptoms of Low Self-esteem

Psychological Characteristics:

- Has an aching need for money, power, and prestige
- Desperate to win, to be liked and accepted by everyone
- Must be right all of the time
- Has a compulsive need to fulfill other's expectations of him/her

Classic Symptoms of Low Self-esteem

Psychological Characteristics:

- Has an aching hunger for recognition and approval, admiration and praise, to love and to be loved.
- Has need to be respected for his/her sterling character and achievements, or maybe for his/her family, home, and possessions
- Lives vicariously through others such as his/her children and their accomplishments, or perhaps through sports heroes and TV and movie stars

Irrational Thinking Creates Low Self-esteem

- Catastrophizing –the tendency to think the worst. Ex. Murphy’s law (If anything bad can happen, it will!)
- Minimizing and maximizing –the tendency to minimize the positive, to neglect partial successes or pleasant events, to magnify the significance or meaning of the negative, and to emphasize mistakes.

Irrational Thinking Creates Low Self-esteem

- **Black and White Thinking** –the tendency to see things as belonging to one of two extremes without any middle ground. No gray area.
- **Overgeneralization** – the tendency to believe that something that happened once will continue to happen over and over again. Ex. Failed a math test. You believe that you will fail all math tests.

Irrational Thinking Creates Low Self-esteem

- **Self-reference** –the tendency to believe that others are highly concerned with one's thoughts and actions and are particularly aware of his/her mistakes and shortcomings. He/she believes that what others are thinking, saying, or doing relates to him/her in a negative way.

How We Perpetuate Low Self-esteem

- By not loving yourself. You are supposed to treat others as you want to be treated, but if you do not love yourself, you will not treat yourself or others well.
- By not believing in yourself.
- By failing to set reasonable goals and work toward meeting them.

How We Perpetuate Low Self-esteem

- By depending on others' opinions of you. You need to have your own opinion of yourself. Then when people say something about you, you know if it is true or not. If it is something negative but true, then do something to improve your behavior. If it is something negative but false, then disregard what was said. If it is something positive, then you can enjoy the praise!

How We Perpetuate Low Self-esteem

- By trying to be perfect! Strive for excellence, not perfection.
- By failing to take responsibility for your decisions in life.
- By allowing yourself to focus constantly on past failures instead of learning from them and moving on. Allow yourself to make mistakes, goof off, fail. We actually learn more from our mistakes than our successes!

How We Perpetuate Low Self-esteem

- By not developing our inherent capabilities and talents. Doing what comes easiest.
- Comparing yourself to others. Keep in mind that what you are strong in, others are weak in. They may be looking at you wishing they had your abilities to do what you do!
- By being impatient, harsh, and demanding with ourselves. This perpetuates self-condemnation, blame, and guilt.

How We Perpetuate Low Self-esteem

- By resisting, by being fearful and anxious about things we can do nothing about, instead of facing up to and accepting the reality of “what is.”
- By not differentiating between “who you ARE” and “what you DO.”

How to Build Positive Self-Esteem

- Positive self-esteem means accepting yourself unconditionally, fully accepting that you have positive and negative traits, strengths and weaknesses.
- You should concentrate on your positive attributes, qualities, and successes. But learn from your mistakes.
- Each and every person is important and should be treated with respect. Respect begets respect.

How to Build Positive Self-Esteem

- When someone criticizes you, realize they are criticizing your behavior, not your very being. Don't take it personally. If the criticism is valid, then do something to improve your behavior. Otherwise, do not let it upset you.
- If a person compliments you, say, "Thank you!"
- Know when to say, "I'm sorry," "I made a mistake," and "I forgive you."
- Humility is recognizing and emphasizing the value in others. It is not degrading yourself or minimizing your own worth.

How to Build Positive Self-Esteem

- Understand that the self-management skill of positive self-esteem is an important key to your professional success.
- Strive for excellence, not perfection.
- Watch your self-talk. Be a “nurturing parent” to yourself.
- Realize that everyone makes mistakes. You have the right to be wrong.

How to Build Positive Self-Esteem

- Set realistic goals and do your best to meet them. Don't procrastinate!
- Become involved in something that offers fulfillment such as volunteer work, church work, hobbies, or career choices.
- Break down large difficult tasks into more manageable smaller steps. Your chance of succeeding is greater and without as much frustration.

How to Build Positive Self-Esteem

- Do something nice for yourself like improving your self-image with a haircut, buying a new outfit, etc. Reward yourself at times with shopping trips, reading a good book, going out with friends, etc.
- Keep a list of your strengths and accomplishments available to refer to when you are feeling down.

How to Build Positive Self-Esteem

- Seek support when dealing with a problem that seems overwhelming. Examples may include Weight Watchers, AA, or even close friends who are willing to listen to and support you.

So, How's Your Self-esteem?

We hope you have enjoyed this workshop and learned some useful tips to help yourself or someone you know.

Please return to the TRiO website, print the evaluation (This can be done for free in the TRiO lab.), and fill it out.

Please return the evaluation to Patricia Nicholas, Rm. 114, Bldg. B; Kayla Owens, Rm. 110, Bldg. B; or Tawanie Shanks, TRiO lab, Bldg. B.