



# **Self esteem/ confidence**



## What is self esteem

Self-esteem is how we perceive and value ourselves. Our self esteem is based on our opinions of ourselves as well as our core beliefs, which can feel difficult to change. We might also think of this as self-confidence

### Low self esteem

- Blame yourself for mistakes that have happened
- Believe you deserve every bad thing that has happened
- Have a negative view of yourself
- Feel that you are not good enough no matter how much you are reassured

### High self esteem

- Recognise your strengths
- Move past mistakes without blaming yourself unfairly
- Believe you deserve happiness
- Like and value yourself as a person
- Believe you matter and are good enough

## Negative self evaluation

Is the end result of a negative core belief being activated from a situation or activity. For example, you may have to cancel meeting a friend due to public transport being massively delayed. You start to think to yourself “I have let them down, they won't ever want to speak to me again” Which activates your core belief of ‘I am a terrible person’. You then start to over analyse yourself and make every past event fit the core belief you hold.

### This can then lead us to engaging in unhelpful behaviours:

- Withdraw or isolating yourself from family or friends,
- Try to overcompensate for things
- Neglect things (opportunities, responsibilities, self)
- Be passive rather than assertive with others.
- Feeling depressed, low, sad, guilty – and this is confirmation that your negative core beliefs are true.

It is important to note that some people think that making negative self-evaluations is a good thing. Some people think that: Being critical and harsh on yourself keeps you grounded or stops you becoming ‘egotistic’

Is putting yourself down and criticising yourself actually a good and healthy thing to do? If it is, then we would do it to our loved ones regularly. When something goes wrong and our loved ones are in distress, would we help them through by abusing them, calling them names, and telling them off? Is this what we do to the people we love?

## Core beliefs

Strongly held, rigid and sometimes inflexible beliefs about ourselves or the world around us. They can be hard to budge and have often been cemented into us by exposure to frequent negative events (feedback, life events) and are maintained and supported, by us focusing on the information that supports them and not the evidence that contradicts them.

### Finding out our core beliefs

By using the word 'why' we can help break down our thoughts and help identify the core belief and help challenge what the thought means to you.

#### Example:

"This food is awful "

**What does it mean to me (why)**

"I am a terrible cook "

**What does it mean to me (why)**

"I am a bad parent"

**Core belief**

"I am a failure at everything "

From here we can look at evidence for and against these thoughts

For

Against

## Gratitude or Positive you journal

A gratitude journal is a way of keeping daily reminders of things that have gone well for us in the week no matter how small they are. They also helps us find the positive in a bad day even if it takes us a few days later.

Eg, **Event:** Monday was busy in work    **Positive:** Got to spend lunch with work friends

A positive you journal is a way of keeping notes on positive qualities you have. These may be things that you have done to improve yourself or qualities you already have. It is important that we take note of these so we can appreciate our qualities a lot more.

Eg, **Event:** All ways on time to work    **Quality:** Organised

Both of these activities can help boost our mood and help us focus on positive attributes we have and things that we are grateful for

### Positive quality's list

If you challenging to think of positive qualities for yourself, look for them in other ways.

You can:

Ask family and friends.  
Look through documents such as work/school performance reviews and highlight any of the positives.  
Ask for feedback on a project you have done.

Put all of the good qualities you have identified together in a list and put the list somewhere you can access regularly. This can either be in a note pad you use regularly, on you wall or in the note section on your phone. When you are feeling low about yourself, look at this list and remind yourself of your good qualities you hold and where they have come from.

This list can be particularly good for situations such as interviews

## Self Care

At times we may feel that we are unable to cope with the high demands of life and can begin to think negatively about ourselves. It is important to take a step back sometimes and put in some time for our selves.

It is important that we make time for this regularly even if it feels that we don't have enough time in the day. Think to yourself 'When was the last time I prioritised my own needs'

### Suggestions you can do:

- Spend time in nature
- Be with friends or family
- Learn a new skill
- Give time to your hobby
- Go somewhere new
- Give yourself breathing space

Action for self care: 10 minutes

Three empty rounded rectangular boxes with a pink border, arranged horizontally, intended for writing self-care actions that take 10 minutes.

Action for self care: 30 minutes

Three empty rounded rectangular boxes with a pink border, arranged horizontally, intended for writing self-care actions that take 30 minutes.

Action for self care: 60 minutes

Three empty rounded rectangular boxes with a pink border, arranged horizontally, intended for writing self-care actions that take 60 minutes.