

# **Building Self Esteem Quick Boost Method ~ To Overcoming Your Low Self Esteem..**



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## **INTRODUCTION**

Esteem is a simple word. It is worth and value that we apply to people, places, and situations. It is the amount of respect we assess. We have esteem for our world leaders. We have esteem for places like church and synagogue. We have esteem for an exemplary performance whether it is in sports, acting, or simply doing the right thing.

But the most important place we need to apply esteem is within ourselves. We must maintain our self-esteem in order to place value on ourselves as a worthy individual in the world. Self-esteem can affect every single part of our lives. If that esteem is low, our lives will be dull and gray. Elevating esteem for ourselves could very well be the key to happiness in life.

Most people's feelings and thoughts about themselves fluctuate somewhat based on their daily experiences. The grade you get on an exam, how your friends treat you, ups and downs in a romantic relationship-all can have a temporary impact on your wellbeing.

Your own self-esteem, however, is something more fundamental than the normal "ups and downs" associated with situational changes. For people with good basic self-esteem, normal "ups and downs" may lead to temporary fluctuations in how they feel about themselves, but only to a limited extent. In contrast, for people with poor basic self-esteem, these "ups and downs" may make all the difference in the world.

People with poor self-esteem often rely on how they

are doing in the present to determine how they feel about themselves. They need positive external experiences to counteract the negative feelings and thoughts that constantly plague them. Even then, the good feeling (from a good grade, etc.) can be temporary.

Healthy self-esteem is based on our ability to assess ourselves accurately (know ourselves) and still be able to accept and to value ourselves unconditionally. This means being able to realistically acknowledge our strengths and limitations (which is part of being human) and at the same time accepting ourselves as worthy and worthwhile without conditions or reservations.

What we want to do is help you raise your self-esteem to levels that will enhance your life and the way you view life. It can make a tremendous difference in your quality of life. Learning techniques to raise self-esteem can be taught and put into practice in just a few days. However, it will take practice to keep your self-worth at the forefront.

We can show you how to improve your self-esteem in just one weekend! Three short days where you will apply what this book will show you and that will stay with you as your life becomes the bright place it should be.

## **WHERE DOES OUR SELF-ESTEEM COME FROM**

Our self-esteem develops and evolves throughout our lives as we build an image of ourselves through our experiences with different people and activities. Experiences during our childhood play a particularly large role in the shaping of our basic self-esteem.

When we were growing up, our successes (and failures) and how we were treated by the members of our immediate family, by our teachers, coaches, religious authorities, and by our peers, all contributed to the creation of our basic self-esteem.

An adult who has healthy self-esteem was given this gift in childhood. This could have been done in many ways. Probably one of the most important is being praised for accomplishments. Children who are talked to respectfully and listened to also contributed to healthy self-esteem in adulthood. These children were hugged often and given attention and experienced some type of success in school or sporting activities.

On the other side of the spectrum, we have to identify the childhood for those adults who have poor self-esteem. These children were often criticized harshly, were yelled at or beaten, and were given little attention by those they were closest to. They were ridiculed and even teased as they experienced failures in their young lives. They were made to feel they had to be perfect in order to be valued and associated failure in situations as a failure of their whole selves.

It's sad, isn't it? To think of a child treated that way. What's even sadder is the effect that treatment has on their lives as adults. We are shaped and molded by our experiences. Do you recognize yourself?

How we feel about ourselves can influence how we live our lives. People who feel that they are likable and lovable (in other words people with good self-esteem) have better relationships. They are more likely to ask for help and support from friends and family when they need it. People who believe they can accomplish goals and solve problems are more likely to do well in school. Having good self-esteem allows you to accept yourself and live life to the fullest.

Self-esteem plays a role in almost everything we do. People with high self-esteem do better in school and find it easier to make friends. They tend to have better relationships with peers and adults, feel happier, find it easier to deal with mistakes, disappointments, and failures, and are more likely to stick with something until they succeed. It takes some work, but it's a skill you'll have for life.

This ebook is about how to raise your self-esteem, so we will focus on the low self-esteem that many people have these days. You can overcome issues with low self-esteem. It's not as difficult as you might think. In fact, all you have to do is recognize, understand, and use the techniques we will give you.

One of the initial questions we feel compelled to address is what exactly self-esteem is.

## **WHAT IS SELF-ESTEEM**

Some people think that self-esteem means confidence - and of course confidence comes into it - but it's rather more



than that.

The fact is that there are any number of apparently confident people who can do marvelous things but who have poor self-esteem. Many people in the public eye fall into this category. Actors and comedians and singers in particular can seem to glow with assurance 'on stage', and yet off-stage many of them feel desperately insecure.

Indeed, individuals can be stunningly attractive and

world-famous, and seem poised and perfect - yet still, deep down, find it hard to value themselves. Think of the late Princess of Wales and Marilyn Monroe and you'll accept, I think, that public adulation is no guarantee of self-belief.

So, if self-esteem isn't quite the same thing as confidence, what is it?

Well, the word 'esteem' comes from a Latin word which means 'to estimate'. So, self-esteem is how you estimate yourself.

To do that you need to ask yourself certain questions:

- Do I like myself?

- Do I think I'm a good human being?
- Am I someone deserving of love?
- Do I deserve happiness?
- Do I really feel - both in my mind and deep in my guts - that I'm an OK person?

People with low self-esteem find it hard to answer 'yes' to these questions. Perhaps you are one of them. If you're reading this book, we think you are. Don't despair. Just read on!

The concept of self-esteem can be summed up as: Confidence in our ability to think and in our ability to cope with the basic challenges of life and confidence in our right to be successful and happy, the feelings of being worthy, deserving, entitled to assert our needs and wants, achieve our values and enjoy the fruits of our efforts.

We also commonly think that self-esteem is merely about how we feel about ourselves at any particular moment. While seemingly existing in degrees, we tend to believe that we have positive or negative self-esteem and that we make that determination simply by how we feel about ourselves.

However, our feelings or emotions do not exist alone or have an independent existence. We do not just simply feel. Rather, for every feeling or emotion that we have, either positive or negative, there is a corresponding thought that we have about ourselves that generates the experience of self-esteem.

Whether positive or negative, self-esteem is merely how our psyche experiences the thoughts that we have about ourselves. If a person has positive thoughts about himself he will experience positive or good self-esteem. On the other hand, if the individual has negative thoughts about whom he thinks he is then he will experience poor or negative self-esteem.

Therefore, to truly understand what self-esteem is all about and more importantly to be able to alter it when necessary for ones wellness or healing, we must first get it that self-esteem is really about our thinking, and more specifically about the thoughts that we develop or create about ourselves. The thoughts or beliefs that we have about ourselves are crucial in that they determine or create the structure of our experience of self-esteem and the various emotions associated with it.

We also tend to think of our self-esteem as being something that is shaped by the events that take place in our life, particularly those from our past. We tend to believe that who we think we are and how we feel about ourselves is merely the product, effect or caused by the experiences that we have had in the past – it says that we are who we are by virtue of what has happened to us as human beings.

More specifically, we tend to think that the cause in the matter of whom we think we are and our self-esteem is due to circumstance, situation or others, people, places and things. We do not tend to think that our self-esteem is something we actually developed or created. Our personal self-esteem is shaped by our past and the experiences we have had in our lives.

We created our thoughts and with it our emotions from the meaning that we gave to the events that took place in our life, especially at an early age. We give meaning to everything in our life including and most importantly to ourselves. At an early age the meaning that we give an event tends to be made out to be all about us. While events do happen it is not the events that are important but rather the meaning that we give them and especially how we made

it out to be about our identity.

Living in a state of low self esteem can be very damaging to the quality of life you lead on a daily basis. Your self esteem is YOUR opinion of yourself, but far too many people allow others to influence or even make up their opinion for them. It sounds so very silly, but if you think on this you will realize how certain events, comments and encounters helped to "make or break" your self esteem.

Let's look at some indicators that you might have low self-esteem.

### **DO I HAVE LOW SELF-ESTEEM**

While you might already have a good indication that you are suffering from low self-esteem, it might be a good idea to explore this a little further.

Take this simple quiz.

~Self-Esteem Assessment

Directions: Answer T if the statement is true for you.

Answer F if the statement is false for you.

**T F** I am able to discuss my good points, skills, abilities, achievements, and successes with others.

**T F** I assert myself with someone whom I believe is violating or ignoring my rights.

**T F** I am content with who I am, how I act, and what I do in life.

**T F** I am not bothered by feelings of insecurity or anxiety when I meet people for the first time.

**T F** My life is balanced between work, family life, social life, recreation/leisure, and spiritual life.

**T F** I am aware of the roles I played in my family of origin and have usually been able to make these behavior patterns work for me in my current life.

**T F** I am bonded with the significant others in my environment at home, work, school, at play, or in the community.

**T F** I am able to perform the developmental tasks necessary to ensure my ongoing healthy self-esteem.

**T F** I am satisfied with my level of achievement at school, work, home, and in the community.

**T F** I am a good problem solver; my thinking is not clouded by irrational beliefs or fears.

**T F** I am willing to experience conflict, if necessary

to protect my rights.

If you selected F for three or more of the preceding questions, you probably need to work at increasing your self-esteem. That's what we're here for! But that comes a little later!

There are many, many indicators that a person has low self-esteem. Consider this list.

People with low self-esteem:

- Consider themselves lost, unworthy of being cared for.
- Are poor risk takers.
- Operate out of a fear of rejection.
- Are typically unassertive in their behavior with others.
- Are fearful of conflict with others.
- Are hungry for the approval of others.

- Are poor problem solvers.
- Are fraught with irrational beliefs and have a tendency to think irrationally.
- Are susceptible to all kinds of fears.
- Have a tendency to become emotionally stuck and immobilized.
- Have a poor "track record" in school or on the job; conversely, they sometimes over compensate and become over-achievers.
- Are unable to affirm or to reinforce themselves positively.
- Are unable to make an honest assessment of their strengths, qualities, and good points; they find it difficult to accept compliments or recognition from others.
- Have poorly defined self-identities with a tendency to be chameleons in order to fit in with others.



- Are insecure, anxious, and nervous when they are with others.
- Often become overcome with anger about their status in life and are likely to have chronic hostility or chronic depression.
- Are easily overcome with despair and depression when they experience a setback or loss in their lives.
- Have a tendency to overreact and become de-energized by resentment, anger, and the desire for revenge against those whom they believe have not fully accepted them.
- Fulfill roles in their families of origin that are counterproductive and maladaptive. These roles carry over into their adult lives.
- Are vulnerable to mental health problems and have a propensity to use addictive behavior to medicate their hurt and pain. Such addictive behavior can include alcohol, drugs, food, gambling, sex, shopping, smoking, working too much, or the search for excitement, truth,

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