



Self Esteem — Keep It UP!

Benefits of high self-esteem

- Increased respect
- Increased ability to reach goals
- Increased willingness to try
- Increased feelings of value

Risks of low self-esteem

- Vulnerable to peer pressure
- Feels insecure
- Disrespects others and self
- Doesn't feel valuable
- Fears failure
- Uses drugs and alcohol
- Behaves destructively

A person who has high self-esteem:

- Acts independently
- Assumes responsibility
- Takes pride in accomplishments
- Tolerates frustration
- Attempts new tasks and challenges
- Handles positive and negative emotions
- Offers assistance to others

Components of self-esteem:

- Belonging
- Willingness to take risks
- Uniqueness – celebrate your different-ness
- Power (personal)
- Productivity
- Support
- Solitude
- Humor
- Gratification difference (and know the difference between needs and wants)
- Mentors and models
- Re-seeding – giving back to others

Improving your self-esteem

- Use positive self-talk: I can do this. I am capable. I am a good person. I have value. I have talents and skills. I am loved (by parents, siblings, friends, God). I am lovely/beautiful/handsome just the way I am.
- Act with integrity- doing what you know is right
- Interpret messages from others: Consider who is doing the talking and where they're coming from (their own self image, the values and views, their emotions or situation at the time)
- Choose supportive friends
- Accept yourself