



Communication

And Building Self-Esteem

Express Yourself!

Good Communication:

- Prevents misunderstandings
- Builds healthy relationships
- Helps express needs and manage emotions



Communication Do's

- Look the person in the eyes
- Ask questions
- Hear the person out
- Resist distractions
- Be open minded
- Assume responsibility to a two-way dialogue



Communication Don'ts

- Interrupt
- Raise your voice or yell
- Call names or label
- Blame, force or threaten
- Monopolize the conversation
- Laugh at people
- Assume you understand
- Make snap judgments
- Say “always or never”
- Offer advice when it's not asked for



Communication Styles

- Passive
- Aggressive
- Assertive



Speaking Skills

- Voice volume
- Tone and pitch
- “I” Messages and “You” Messages
- Empathy



Listening Skills

- Active Listening:
 - Parroting
 - Paraphrasing
 - Reflecting Feelings/Validating
 - Empathizing
 - Body Language



Building Self-Esteem



- Make a list of strengths and weaknesses
- Develop a support system of friends
- Practice positive self-talk
- Practice good health habits
- Avoid doing things just to go along with the crowd
- Give credit where credit is due
- Set short-term goals that will strengthen your weaknesses
- Don't be afraid to try new things
- Nothing puts things into perspective better than volunteering for those in need
- If you experience defeat, don't dwell on it; it happens to everyone

High Self-Esteem

- Speaks up for self
- Respects self and others
- Tries new things
- Has confidence
- Feels valuable to society
- Adjusts to change
- Feels optimistic
- Makes decisions based on values



Low Self-Esteem

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



Increasing Self-Esteem

- Have a positive self concept
- Use positive self talk
- “I” statements



“You” Statements

- You never let me go out with my friends
- You never listen when I give you directions
- You always ignore me when other friends are around
- You are so moody sometimes
- You never told us the assignment was due today. That's not fair!





Negative Self Talk vs. Positive Self Talk

Negative

- To be a worthwhile person, I should be good at everything.



Positive

- I can't expect to be perfect at everything.

- I should be liked, or approved of by almost everyone.



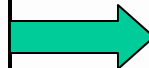
- No one is liked by everyone. It is unrealistic to think that everyone will like me.



Now You Try!

Negative

- This problem is so bad, there's no solution.
- I'll never get an A in this class.
- If there is any possibility that something could go wrong, I should worry about it a lot.



Positive

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