

10 things you can do to improve your self-esteem

- If you are being put down or held back by others, resolve to address this. Start by seeking external advice
- Attend a class in confidence and self-esteem or assertiveness
- Stop putting yourself down
- Make a record of your daily achievements, however small
- Reward yourself with a new toy or a makeover
- Take more exercise (it boosts 'feel-good' hormones)
- Read self-help books (suggestions below)
- Make it a habit to connect in a meaningful way with your environment and yourself - e.g. through meditation or art
- Listen to your own feelings instead of the voice of tradition, authority or the majority
- Look for the good in others and yourself

Recommended Books

Instant Confidence — Paul McKenna
Assert Yourself — Gael Lindenfield
Being Happy! — Andrew Matthews

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Low Confidence & Self-Esteem

Signs, Symptoms & Remedies



A brief summary by Maggie Buchanan

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What is the difference between confidence and self-esteem?

The groups I teach have generally agreed that being confident is not the same as having positive self-esteem.

Confidence

We can learn to act confident, to hide our negative feelings about ourselves, even to wear a cheerful smile. Some comedians do this.



Low self-esteem

Feelings of low self-worth lie deeper under the surface.

This can go back to childhood, to the things we were told about ourselves by our parents or teachers: "*You're clumsy*" or "*You'll never get anywhere in life*" - which we may still repeat to ourselves as adults.

In some cases low self-esteem has more recent origins, such as an abusive partner, or the after-effect of a trauma, or even a major personal mistake. In such cases this may be associated with depression.

Some characteristics of people with low self-esteem

- Not participating in things
- Responding negatively to questions
- Leaving decisions to the last minute
- Afraid to step out of their comfort zone
- Unable to say 'no', because need to please others
- Aggressive or argumentative
- Thinking it's pointless because nothing will change
- Keep putting themselves down

Characteristics of people who are reaching their full potential



- Accept themselves and others for what they are
- Deeply appreciative of life experiences
- Can tolerate uncertainty
- Objective view of reality and the world
- Spontaneous and highly creative
- Concerned for life on earth
- Not afraid to challenge convention