Achieving Self-Esteem

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Exercise

My self-esteem…

My number at this moment is…. 
What kind of Information did you used to answer the question?

What was the origin of that information?
What is Self-Esteem?

- how we evaluate Ourselves

Encompasses:
- Beliefs
- Emotions

Being worthy of happiness

Overall sense of self-worth

Being competent to cope with the basic challenges of life
To think about...

- How do you describe yourself?
- What words do you use?
Low Self-Esteem

...is having a negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person.

- I am ugly.
- I’m not good enough.

Can have a negative impact on our life
Model of low self-esteem

Negative Life Experiences → Negative Core Beliefs ↔ Unhelpful Rules and Assumptions

Unhelpful Behaviour
Unhelpful Behaviours

• I am not able to perform my job well because of my symptoms of scleroderma.

• I will be rejected.

Will affect how we behave

Will confirm our fears
What to do?

Challenge your expectations!

- Remember that our thoughts and expectations are often opinions we have picked up or learned, rather than facts.
- They can be questioned, and should not be something we just blindly accept if they are causing us distress.
Accepting ourselves

- Think about
  - positive qualities,
  - positive outcomes or
  - positive comments from others
- Stop thinking about what we are not able to do and start thinking about what we are capable of.
  - For example: Instead of thinking "Sometimes the symptoms of scleroderma interfere in my work" start thinking: "Despite having scleroderma, I am able to work."
Focus on your positive qualities

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have?
- If someone shared my identical characteristics, what would I admire in them?
What makes me special?
Healthy Self-Esteem

- To **know** ourselves
- Identify **skills**
- **Learn** from experience
- Treats ourselves well, with **love** and **care**
- Believe that we are **special** and deserve to be **happy**
- Believe that we are able to be **happy**
- Every day do something that is **pleasant**!
- Learn to appreciate physical appearance
  - Scleroderma causes changes in body image!
  - **Stop** thinking about appearance before the disease!
  - Look at ourselves in the mirror and appreciate how special we still are.
What Matters Most
Is How You See Yourself
How to deal with “the others”

Sometimes others behaviors hurts, BUT

Isolation is not a solution!!!

If we can´t change others, we have to choose others

- 57% reported “Preoccupation with parts of the body considered not attractive”
- 34% reported “Avoidance of things due to the disfigurement by scleroderma”

(Leite & Maia, 2011)
Think openly and critically about feedback from others

But don’t forget that What we think about ourselves is up to us!
• “When I go to a public place people stop and stare looking at me”

So What???

- It’s a fact that we are different….
- People can look for a 1000 reasons!
• All persons have people around that is no helpful and can’t deal with the disease
• Choose people who care and support for who we are

It's possible to increase Social Support
Achieving Self-Esteem takes…

... but it can be done!!
References


Thank you!!
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