

THE ELEMENTS OF SELF-ESTEEM



What is Self-Esteem?

Self-esteem is self-perception of perceived value and worth. Those who have a healthy self-esteem are able to create meaningful and healthy relationships, achieve their goals, and find happiness in their life. Those who struggle with their self-esteem many times struggle in other areas as well. They may have self-harming behaviors, whether it's conscience or subconscious. They seek approval from others and are always feeling like they aren't good enough. They fear rejection or disappointing others. This influences them in their decision making and their ability to feel happiness. In therapy, those who struggle with self-esteem learn to overcome their feelings of inadequacy and learn how to grow their image of themselves. They seek to see themselves for who they are- someone of value and deserving of love. The relationship we have with ourselves is vital to our mental health and building relationships with others.



Where Does Self-Esteem Come From?

The formation of self-esteem starts from infancy and generally develops in the first couple years of life. This formation has to do with how we see the world when we are children. Those in our lives influence the way we perceive the world- whether it's parents, teachers, siblings, or friends. We start very young telling ourselves if we are worthy of affection and love. The truths or lies that someone tells themselves will greatly determine their self-esteem. If someone is constantly telling themselves that they are unworthy or not good enough, this can be detrimental to their self-esteem.

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Cast not away therefore your confidence, which hath great recompence of reward. (Hebrews 10:35)



How Can I Improve My Self-Esteem?

In therapy, you can learn to change your inner voice to believe the truth that you are worthy of love and respect. It is also important to identify the specific reasons behind low self-esteem, whether it is a past experience or a harmful habit.

Once identified, these reasons can be overcome through different techniques, such as Emotional Freedom Technique (EFT), hypnosis, and learning healthy habits. Everyone has their own journey on their path to high self-esteem. No matter the path, the rewards are worth it.