IMATTER

DEVELOP A HIGH LEVEL OF SELF-RESPECT ECOURSE

LESSON 2 WORKBOOK RAISING SELF ESTEEM



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Disclaimer: The information contained in this publication is strictly for informational purposes. Every possible effort has been made in preparing and researching this material. We make no warranties with respect to the accuracy, applicability of its contents or any omissions.

Introduction

Have you ever struggled with your sense of self-esteem? Experiencing an occasional drop in your sense of self-esteem is normal; everyone will experience times in their lives where their sense of self-esteem feels especially low. However, if you've ever struggled to raise your self-esteem again, you likely know how difficult doing so can be.

Fortunately, periods of low self-esteem don't have to be permanent. If you are experiencing low self-esteem, dive into these exercises to explore your feelings, understand what is causing your self-esteem to drop, and work toward raising it again.

It is important to recognize that raising your self-esteem is an ongoing process that takes time, effort, energy, and, most importantly, patience.

As you complete these exercises, reflect on how you can continue using them in your daily life to continually raise your self esteem and continue to grow as a person.

Exercise 1

In this first exercise, you will explore the root causes of your low self-esteem. Self-esteem issues are often connected to deep and complex emotional issues; getting to the center of what is causing your self-esteem issues can be challenging.

By gaining a better understanding of what is causing your sense of self-esteem to feel low, you can begin working toward solving the problem at its core rather than trying to place a superficial band-aid over your emotional wound. To get started, consider these prompts:

Consider these common causes of low self-esteem. Do any of these apply to your own life and experiences? If so, elaborate further here:

Disapproving authority figures (such as a parent, teacher, caregiver, babysitter, grandparent, etc.):

Uninvolved or distracted caregivers (such as parents who did not pay much attention to you or make an effort to be involved in your life):			

Authority figures in conflict with each other (such as parents who often fought or argued with each other openly):			

Bullying with no support (such as being bullied at school and receiving no sympathy or support at home from parents, etc.):				

	n too much support (such as being coddled or p	rotected so fiercely by your
aregivers th	nat you never got a taste of the real world):	

Bullying with uninvolved parents/caregivers:	

Academic challenges with no parent/caregiver support (such as struggling fiercely in school without any adult noticing and stepping in to assist):			
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Trauma (such as abuse, neglect, emotional, etc.):	

Neglect (such as physical, emotional, etc.):	

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When you consider what may be the root cause(s) of your low self-esteem, how do these defining experiences make you feel? Describe all of your emotions here:

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Exercise 2	
n this second exercise, you will examine the ways you are experiencing thought dis when you think about yourself. When you experience something in your life that callef-esteem to decline drastically, there are often many thought distortions, or thoughe wholly exaggerated or untrue due to anxiety or fear, floating around in your head onger you allow yourself to think these thoughts, the lower your sense of self-esteen	uses your ights that ad. The
The first step toward defeating thought distortions is to identify them. Think of ider hought distortions like shining a bright flashlight into a dark room—only when the liluminated can you see everything that was hiding plainly in the darkness. To get stonsider these prompts:	ght is
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Exercise 3
In this third exercise, you will focus on identifying why your various thought distortions are exactly that—distorted. A thought distortion is described as distorted because it forms through a warped perception of your reality. When you constantly think about yourself and your life through a distorted viewpoint, it can be easy to lose your sense of self-esteem.
When you begin to see your thoughts more clearly, that distorted perception begins to lift, allowing you to see yourself and your life through a more realistic lens. This makes it easier to begin regaining and raising your sense of self-esteem.
To get started, consider these prompts. Repeat them as many times as needed to explore multiple thought distortions:
Name one of your thought distortions here:
NA/by does this thought hether you?
Why does this thought bother you?

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How often do you find yourself thinking this particular thought?	
Tiow often do you mid yoursen timiking this particular thought:	

What tends to trigger this thought?	

How much of this thought is based in truth and reality?			

If you could re-work this distorted thought into something more truthful, what would it be?

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Need more space? Grab another piece of paper and repeat! It isn't unusual for people to develop multiple thought distortions—some are similar or directly related to each other, while some may concern totally different aspects of themselves or their lives.

Exercise 4

In this fourth exercise, you will practice inviting more positivity into your life as a method of raising your self-esteem levels. Now that you know what causes your low self-esteem and have identified specific thoughts that are harming your ability to feel good about yourself, you can begin doing the work of putting raising your self-esteem into practice. To get started, consider these prompts:

What are three aspects of yourself that you genuinely enjoy?

Remember, nothing is too small or insignificant to enjoy about yourself! List your three things here, and if you need more room, add them:

Thing 1:			
Thing 2:			
Thing 3:			

The next time you experience a thought distortion, what are three different things you can tell yourself to stop that thought in its tracks? List them here: Thought 1:

Thought 2:	

Thought 3:	

List those things here: Thing 1:

Putting yourself in more positive environments and situations is a great way to raise your self-esteem levels. What are three things you can do to experience more positivity? Where can you put yourself physically to feel more positive?

Thing 2:		
Thing 3:		
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The Bottom Line

Raising your self-esteem isn't going to be a one-day challenge. Often, when your self-esteem is feeling especially low, it can take lots of time, patience, energy, and effort to turn around your thought distortions and regain a sense of positive and heightened self-esteem again.

Raising your self-esteem is a process that involves a few major steps:

- Identifying the root of the problem
- Identifying the thought distortions your root problems are creating about yourself and/or your life
- Identifying the "distorted" parts of your thought distortions
- Challenging those distortions by replacing them with more positive, truthful thoughts

Notes/Journal

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