

**I Matter: Develop A High Level  
Of Self-Respect Ecourse**

# **15 MAJOR BENEFITS OF SELF-RESPECT**

## **Checklist**



## ✓ **Support Your Self-Esteem And Self-Love**

### ✓ **Strong Sense Of Identity**

There is a relationship between self-identity and self-respect. A person with a sense of identity understands their values and goals, which are vital for good mental health. Your identity can influence others to be open to new values and beliefs.

### ✓ **Self-Acceptance**

Acceptance of oneself means that you accept both your positive and negative aspects. When you accept yourself, your well-being can be lifted, making you feel happier and more self-confident.

### ✓ **It Means Taking Responsibility For Your Needs, Desires, And Actions**

With self-respect, a person is accountable for actions and decisions that are under their control. Someone who willingly accepts responsibility may decide to pursue a challenging situation resulting in greater self-respect due to the sense of achievement.

### ✓ **With Self-Respect You Live By Your Values**

A person needs to define their values to achieve self-respect. This can be a matter of identifying satisfying times in your life or knowing your interests. Personal values can also be formed from personal growth, integrity, assertiveness, self-reliance, or family. People who live based on their values are more likely to live purposefully and make better choices, contributing to self-respect.

### ✓ **Self-Respect Includes Setting Boundaries Within Self And With Other People**

Having personal boundaries demonstrates that you take responsibility for your wellbeing and

you place limits on what you are willing to tolerate. It is a key action in respecting yourself. A person that does not have personal boundaries can be taken advantage of and lose respect for themselves.

### ✓ **Boost Your Mental, Emotional, And Physical Well-Being**

Someone without self-respect may experience depression, anxiety, guilt, and other feelings that put a person on an emotional roller coaster. A lack of self-respect can seriously impact a person's life. People might view a person with no self-respect as weak or undisciplined. They may make harsh remarks or criticism. Behavior such as this magnifies a person's sense of worthlessness.

A person with self-respect is confident and accountable for their actions. There are measures that people can initiate to increase their self-respect.

### ✓ **Reduce Anti-Social Conduct**

Researchers on one side of the debate have argued that individuals with low self-esteem are prone to real-world externalizing problems such as delinquency and anti-social behavior (Schooler & Schoenbach 1989).

### ✓ **Self-Respect Leads To Personal Success**

Personal success may be achieved by knowing how to set boundaries and limits and knowing your strengths. Combine this with recognizing negative thoughts, beliefs, and behavior patterns.

Self-respect enables you to have the confidence to establish boundaries. A person with self-respect knows their values, strengths, and weaknesses and accepts them. Self-respect is a quality that people need to develop.

### ✓ **Respect Yourself To Improve Relationships**

Self-respect is the foundation for being confident and for keeping good relationships with

people. A lack of self-respect can make a person insecure in a relationship, causing a range of negative emotions.

### ✓ **Self-Respect Supports An Optimistic Attitude**

Self-respect is a positive and proactive experience, and it naturally influences a positive and optimistic attitude.

### ✓ **With Self-Respect You Can Stand Up For Yourself**

Each day, we find ourselves in situations where we must stand up for ourselves. Not every situation warrants the same response. People will have more respect for you when you stand up for yourself calmly, factually while making eye contact. This builds your self-respect and influences others' perceptions of you. Look out for your well-being while sharing your point of view.

### ✓ **Enhance Your Coping Skills**

Self-respect promotes your motivation to develop healthy coping skills, which can be learned and perfected. Healthy coping skills allow you to face and deal with challenges and obstacles that may come your way. Having healthy coping skills is a unique part of day-to-day self-care.

When you respect yourself, you tend to ensure your own wellbeing and survival and so you will tend to choose proactive and self-supporting coping skills versus those that are self-defeating or sabotaging.

### ✓ **Banish Negative Thoughts**

Negative self-talk is when a person's inner voice is critical of oneself. For example, someone may think, "My proposal was a failure, I'm a loser," or "Can't I do anything right?". Negative thoughts can also be about other people or life in general.

Negative self-talk can contribute to having low self-respect and hopelessness, leading to chronic stress and unhappiness in life. On the other hand, positive self-talk is when a person anticipates

the best outcome and has optimistic thoughts.

## ✓ **Improved Quality Of Life**

Quality of life includes physical and emotional health, happiness, belonging, and well-being.

Quality of life is influenced by a person's beliefs and a high level of self-respect goes a long way to improving quality of life.