



LOW SELF-ESTEEM

Thoughts

- Negative and self-critical.
- I'm so stupid, I'm worthless, It's my fault, I'm a failure, I'm not good enough, I'm incompetent.



Emotions

- Anxiety, Depression, Anger, Frustration, Guilt, Shame

Thinking Differently

- There I go - listening to that self-critical voice again. Is that how it really is? Is this fact or opinion?
- Am I focusing on the negative, putting myself down? What would be more realistic?
- Am I doing that Compare & Despair thing: exaggerating the good aspects of others, and criticising myself?
- What's the bigger picture? Is there another way of looking at this?
- How would someone else see it? What would a friend say to me in this situation?
- What would I think about someone else in this situation? What would I say to a friend?



Doing things differently

- Act the person you want to be. Use a role model (real or imagined).
- Stand, walk and talk confidently (in spite of how you feel).
- Look after yourself - eat healthily, exercise, do more things you enjoy doing.
- Reward yourself for achievements and successes - however small.
- Acknowledge your strengths - start by writing out a list of things you're good at, or what others have said or say about you.
- Thank others - show your appreciation.
- When helping others: set limits – make it clear what you're able or not able to do. Consider how it will affect you, others and the situation.
- In any situation where you lack confidence: choose to do the best thing. What's going to be most helpful and effective?



Imagine...

In your mind's eye, visualise yourself competently and confidently doing and enjoying the things you would like to enjoy doing, and successfully doing what you need to do.

Visualise orange for positive energy and self-confidence.

Breathe in orange, and breathe out blue/black.

