

## Self-Image and Self-Esteem for a Positive Outlook

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***Teach me to feel another's woe, to hide the fault I see, that mercy I to others show, that mercy show to me. - Alexander Pope***

Respect is earned. not given. And regardless of your age. gender. race. or ethnicity. anyone can earn respect by conducting themselves with integrity. Gaining the respect of others will not happen overnight. but remember that once respect is earned. you will have people listening to what you say. How do you get it?

There are three best ways –improve your self-image, self-esteem, self-respect and thus your confidence.

**Self-Image** is how you see yourself. This may be how you see yourself physically or your opinion of who and what you are which is normally called self-concept. It is important as it affects your self-esteem and confidence.

Self-image includes:

- What you think you look like
- How you see your personality
- What kind of person you think you are
- What you believe others think of you
- How much you like yourself or you think others like you
- The status you feel you have

How you see yourself is vital because this will affect your behavior. you're thinking and how you relate to others. People respond to you either positively or negatively according to how confident you are. Your confidence in relationships depends on the image you have of yourself.

How you see yourself is often different from how others view you. Your view of yourself is shaped by your unique thoughts and beliefs and you will have a distorted view. You will see yourself in a positive or negative way according to your level of self-esteem. You may have a negative view of yourself and if so you are probably highly critical of yourself.

### **What can you do to improve your Self-Image?**

List things you like about yourself – include appearance. personality and skills

- Change negative thoughts to positive ones by focusing on the positive and forgetting the negative things that happen to you
- Remember compliments and note them down
- Try the powerful method of self-hypnosis: Building your self-esteem – hypnosis download
- It will really help you!

- Question whether your view of yourself is accurate and why you see yourself like you do
- Make changes that will help you ;for example, clothes, appearance, hair style and behavior
- Accept things about yourself that are true and learn to think about them in a positive way
- Get exercise – you will look and feel better! more about psychological benefits of exercise
- Take yourself less seriously and lighten up!
- Accept criticism constructively so you can move forward and improve yourself
- Don't be limited by your internal image, step outside of it and break free, it doesn't have to control you or keep you down. Acting differently will change how others respond towards you and will help change your attitude towards yourself and your abilities
- Take on challenges positively and surprise yourself!
- Read inspiring books about esteem – here's a selection of my favorites, they will help you so check them out now!

Remember, you are only limited by your efforts and confidence! Believe in yourself!

### **What is self-esteem??**

**Self-esteem** is your overall opinion of yourself — how you feel about your abilities and limitations. When you have healthy **self-esteem**, you feel good about yourself and see yourself as deserving the respect of others. When you have low **self-esteem**, you put little value on your opinions and ideas. In sociology and psychology, **self-esteem** reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the **self**. Infact, self-esteem stems from a positive self-image.

Following are some outward signs of positive self-esteem:

- Confidence
- Self-direction
- Non-blaming behavior
- An awareness of personal strengths
- An ability to make mistakes and learn from them
- An ability to accept mistakes from others
- Optimism
- An ability to solve problems
- An independent and cooperative attitude
- Feeling comfortable with a wide range of emotions
- An ability to trust others
- A good sense of personal limitations
- Good self-care
- The ability to say no

## What is low self-esteem?

Low self-esteem is a debilitating condition that keeps individuals from realizing their full potential. A person with low self-esteem feels unworthy, incapable, and incompetent. In fact, because the person with low self-esteem feels so poorly about him or herself, these feelings may actually cause the person's continued low self-esteem.

Here are some signs of low self-esteem:

- Negative view of life
- Perfectionist attitude
- Mistrusting others – even those who show signs of affection
- Blaming behaviour
- Fear of taking risks
- Feelings of being unloved and unlovable
- Dependence – letting others make decisions
- Fear of being ridiculed

## How can you raise low self-esteem?

Feelings of low self-esteem often build up over a lifetime, and letting go of ingrained feelings and behaviors is not an easy task. It may take time, hard work, and it may require professional counseling. But there are some simple, positive thinking techniques that can be used to help improve self-esteem. These are called affirmations. Using affirmations to stop negative self-talk is a simple, positive way to help increase self-esteem. Affirmations are encouraging messages we can give ourselves every day until they become part of our feelings and beliefs. Affirmations work best when a person is relaxed. But since people are often upset when they are giving themselves negative self-messages, they may need to counter negative messages with positive ones.

For example, replace the message “I made a stupid mistake, and I am no good at this job,” with “Yes, I made a mistake but I have learned from it, and now I can do a better job.” Begin each day by looking in the mirror and giving you a positive message.

The following affirmations can help you to work toward a positive self-image:

- I respect myself and others
- I am lovable and likable
- I am confident, and it shows
- I care about myself
- I accept myself just as I am
- I look great
- Life is good, and I like being a part of it

## Self-respect:

- **Respect others:** Because respect is a two-way street, by respecting others, you will find yourself respected. This is also known as the "Golden Rule" or the "Yellow Rule" of treating others as you wish to be treated.

- Don't "bad-mouth" other people. That means that if there is a problem, try addressing it directly with the person instead of talking behind their back.
- See the opposing viewpoint. Trying to understand the other human's views, even if it's different from your own- it doesn't mean you are agreeing with them, but it shows respect for their opinion.
- **Respect yourself:** If you do not respect yourself, others will sense this and treat you accordingly.
- Take care of your appearance by being hygienic. Being poorly groomed usually sends a negative message to others about your self-worth.
- Stand up for your beliefs. Expressing your true feelings- even when they run contrary to the social norm- shows a sense of confidence in yourself. This is difficult to do, but a human with the courage to stand apart from the crowd and think independently is often regarded with respect.

**Do your best at every task.** Even the difficult or menial ones. Establishing your competency or even mastery of a field will help others realize the value of your efforts.

**Keep your word.** A human who honors their promises is considered trustworthy. If you cannot keep your word, gracefully communicate why you can't.

**Be a role model.** Conduct yourself professionally, and hold yourself to high standards. After all, actions speak louder than words. And sometimes, actions can even inspire others.

**Be the change you want to see in the world-**consider volunteering. Most people wait until their retirement to consider what legacy they will build. Start making yours now.

**So look up and keep smiling, the world is all yours!!!**