

SELF ESTEEM

‘Give me a child until he is seven and I’ll show you the man’ Aristotle.

Self-esteem is the collection of beliefs and feelings we have about ourselves and amalgamate into our self-perceptions or sense of self-worth. Studies have proved that self-esteem develops in childhood usually sometime between birth and age seven.

‘No one is better than you and remember you are better than nobody’. Thomas Jefferson

A healthy self-esteem comes from feeling safe, secure, loved, capable, accepted, and being able to make mistakes.

The sense of self-worth or self-esteem can be affected by:

- Critical or Disapproving Authority Figures
- Trauma
- Uninvolved/Preoccupied Caregivers
- Parents in Conflict
- Lack of parental support
- Punishing belief Systems
- Wider society and the media

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be?” ~ Marianne Williamson

Low self-esteem sufferers may find it hard or even impossible to feel good about themselves, they will often struggle with self-doubt and sometimes even self-loathing. They are vulnerable to:

- believing they are not good enough
- become people pleasers
- making bad or poor decisions
- having difficulties making decisions
- poor problem solving
- become angry and depressed when they are not able to get their emotional needs met
- believe they are unlovable and start self-sabotage.
- Avoiding doing things they believe they are not good enough

Psychotherapy and counselling can help to change low self-esteem by helping you develop a different self-perception. A new set of beliefs can be developed with practice and more practice, and by reframing, putting the responsibility back to the source, doing things you avoid due to low self-esteem, visualization exercises including the REWIND technique, putting the past where it belongs, recognizing that you were always good enough, build competencies, learning how to problem solve and more.

BOOK an appointment with Farah to address your Low Self Esteem.