Raising your Self-Esteem!

Feeling of low self-esteem often build up over a lifetime, and letting go of ingrained feelings and behaviors is not the easiest task. It may take time, hard work, and it may require professional counseling—but it is worth it! 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 our 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.

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

- I respect myself and others
- I am lovable and likeable
- I am confident, and it shows
- I care about myself
- I’m creating loving, healthy relationships
- I accept myself just as I am
- Life is good and I like being part of it

Help is available

Sometimes, however, it takes more than self-talk to deal with low self-esteem. If feelings of low self-esteem persist, it may be helpful to speak to a professional who is skilled in working with self-esteem problems. Just talking about your problems sometimes leads to new solutions.

The BYUH Counseling Services is here for you.

McKay 181 (across from the cafeteria)
Phone: (808) 675-3518
Mon-Fri 8am-5pm
Free of charge for full time students and dependents.

“Your value to Him is independent of your body mass index, your accomplishments in arts, academics, or athletics, your possessions, popularity, or marital status, your current calling in the Church, or any other thing which can be a source of comparison and competition. His love for you is infinite, quantitatively and qualitatively, and intimate, intensely personal and specific.”

Merrill Christensen
What is Self-esteem?
Self-esteem is how we value ourselves; it’s how we perceive our value to the world and how valuable we think we are to others. Self-esteem affects our trust in others, our relationships, our work — nearly every part of our lives. Positive self-esteem gives us the strength and flexibility to take charge of our lives and grow from our mistakes without the fear of rejection.

Some outward signs of positive self-esteem:
- Confidence
- Self-direction
- Nonblaming 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

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.

Some signs of low self-esteem:
- Negative view of life
- Perfectionist attitude
- Mistrusting others—even those who show signs of affection
- Blaming behavior
- Fear of taking risks
- Feelings of being unloved and unlovable
- Dependence—letting others make decisions