What is Self-Esteem?

The most basic need all of us have is to have a sense of personal worth. This sense of personal worth has two elements: security and significance.

Security means being loved and accepted just for who I am, regardless of what I do. This is known as “core” self-esteem. Significance means having meaning or purpose in my life, feeling adequate in what I do. This is referred to as “situational” self-esteem.

Self-esteem is essential to normal and healthy development when we feel secure within ourselves, we tend to respond appropriately to challenges and opportunities. When there is a lack of security, our ability to be resilient in the face of life’s problems is diminished.

Centre for Counseling and Guidance

The Centre for Counseling & Guidance offers individual counseling as well as information about, and referral to other campus and community resources. For more information or to schedule an appointment, feel free to contact us at 6828-0786. All appointments are strictly confidential and are free of charge for all matriculated SMU students.

References

Developing your Self-Esteem

Choose to please yourself
It is good to you care about other's feelings but aren't your needs just as important? Don't neglect yourself.

Recognize your anger
You deserve to live life as you want. Also, remember the truly successful things you have done in your life. Reward yourself when you do succeed.

Learn a new skill/hobby
The "I can do this" type of feeling or a new understanding that comes with mastering a new skill or concept can help you feel better about yourself.

Creativity
Anything that involves new behavior, new ideas, new beginnings, new projects, a different way of doing things, new ways of expressing the self. Keep an open mind - just the ability to try new things is important in and of itself.

Exercise
Nothing extraordinary is necessary, a brisk walk will do. Regular exercise fuels creativity and positive moods. Exercise also gives us a sense that we've accomplished something.

Serving others
Giving service to your family, friends, and community is important, positive work. Giving of yourself -- whether it be time, services, or just plain energy -- can be very rewarding.

Spiritual Activities and Experiences
These keep us focused on the deeper meaning of life and help us keep our problems in perspective.

Talk to friends, family and colleagues
This can be useful in further defining who you are, your strengths and abilities, and what you have to offer the world.

Talk to a therapist
Contact the Centre for Counseling and Guidance for individual/group therapy. Seek help in building an inner dialogue about who you are and how you might come to the genuine feeling of being a good person who is worthy of the good things in life.

Connect with others with the same issue
Talk to the counselors from the counseling centre for a referral to a self-help group.

Positive Affirmations

A positive affirmation can help you replace a negative thought with a more helpful positive one. By repeating them, you can recondition your brain and change how you feel and think about any situation. Moving away from negative thinking helps improve your self-esteem.

Some positive affirmations to strengthen your self-esteem:

1. I deserve to be loved
2. I deserve to be happy and successful
3. I am free to choose to live as I wish and to give priority to my desires
4. I can make my own choices and decisions
5. I can choose happiness whenever I wish no matter what my circumstances
6. I have the power to change myself
7. I am flexible and open to change in every aspect of my life
8. I act with confidence having a general plan and accept that plans are open to alteration
9. It is enough to have done my best
10. I can forgive and understand others and their motives