

BUILDING SELF-ESTEEM

- ☛ Stand and walk with good posture (look “innocent and proud”).
- ☛ The next time you make a mistake, be forgiving of yourself. It’s really okay.
- ☛ Trust your body’s perceptions (and not your mind’s accusations).
- ☛ Treat yourself gently and with care: take a walk, have a warm bath, read a good book, give yourself alone time. Treat yourself with deliberate acts of self-nurturing and kindness, even (especially!) when you don’t think you “deserve” them.
- ☛ Take a strong commitment and make a conscious effort to succeed in building your own self-esteem. No one can do it for you.
- ☛ Redefine “selfish.” Love yourself and take care of your own needs effectively. You can make sure your needs are met while still having love in your life.
- ☛ Take responsibility for your life and well-being, and stop trying to do so for other people; they are responsible for their own situations and actions.
- ☛ Stop trying to make sense of crazy behavior.
- ☛ Spend more time with people who encourage you, and less time (or none) with those who leave you feeling bad about yourself.
- ☛ Nourish yourself with healthy meals and exercise; you are worth it.
- ☛ You have permission at all times to say no, to change your mind and to express your true feelings.
- ☛ As you make new choices, set out a plan and find support for your goals.
- ☛ Review your activities at the end of the day and name some qualities you liked about yourself, or a few things you did about which you felt good. Let the small disappointments come to rest in perspective: Will you really still feel so badly about them, given time? Will you care at all this time next year? Next month?
- ☛ Breathing in, you can think: “Okay.” Breathing out: “Thank you.”
- ☛ And remember, “not all of them will love you, whatever way you choose.”
(*Adrienne Rich*)