



FORMATION OF SELF (SELF-CONCEPT, SELF-ESTEEM, SELF-EFFICACY)

Unit 6: Self and Emotions

Self Esteem



- It means to have a positive self-awareness.
- It helps to see yourself honestly and to like or at least accept yourself.
- The way you think and feel about yourself.
- It can change from moment to moment.
- Self-esteem is a measure of how much you value, respect and feel confident about yourself. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame.

Self Esteem

- Self esteem is a term used in psychology to reflect person's overall emotional evaluation of his or her own worth.
- It is a judgement of oneself as well as an attitude toward the self.
- Self-concept is what we think about the self; self-esteem is the positive or negative evaluation of the self that includes feelings of worthiness, prides and discouragement.
- Ones self-esteem is closely associated with self-consciousness.
- Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect, and self-integrity.



Your self-esteem is defined by many factors including:

- Self-confidence
- Feeling of security
- Identity
- Sense of belonging
- Feeling of competence

Self-esteem tends to be lowest in childhood and increases during adolescence, as well as adulthood, eventually reaching a fairly stable and enduring level. This makes self-esteem similar to the stability of personality traits over time.

{ SELF-ESTEEM journal }

MONDAY

SOMETHING I DID WELL TODAY...

TUESDAY

I FELT GOOD ABOUT MYSELF WHEN...

WEDNESDAY

I HAD A POSITIVE EXPERIENCE WITH...

THURSDAY

3 GOOD THINGS ABOUT ME ARE...

FRIDAY

SOMETHING I DID FOR SOMEONE...

SATURDAY

TODAY I ACHIEVED...

SUNDAY

TODAY I OVERCAME...



Why Self-Esteem Is Important ???

- Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges.

Signs of Healthy and Low Self-Esteem

Healthy Self-Esteem



Able to say no

Able to accept strengths and weaknesses



Able to express your needs

HAHA, whoops!
I never get that right!

Low Self-Esteem



Trouble accepting positive feedback

The belief that others are better than you



It's not going to work...

Fear of failure

it means feeling

- These people are
- They are self-co
- They are more c
- appropriate co
- They don't wor
- They have coura
- Their lives are e
- Their ideas are
- They are magne



d your future.

in life. They seek

I am my biggest fan!



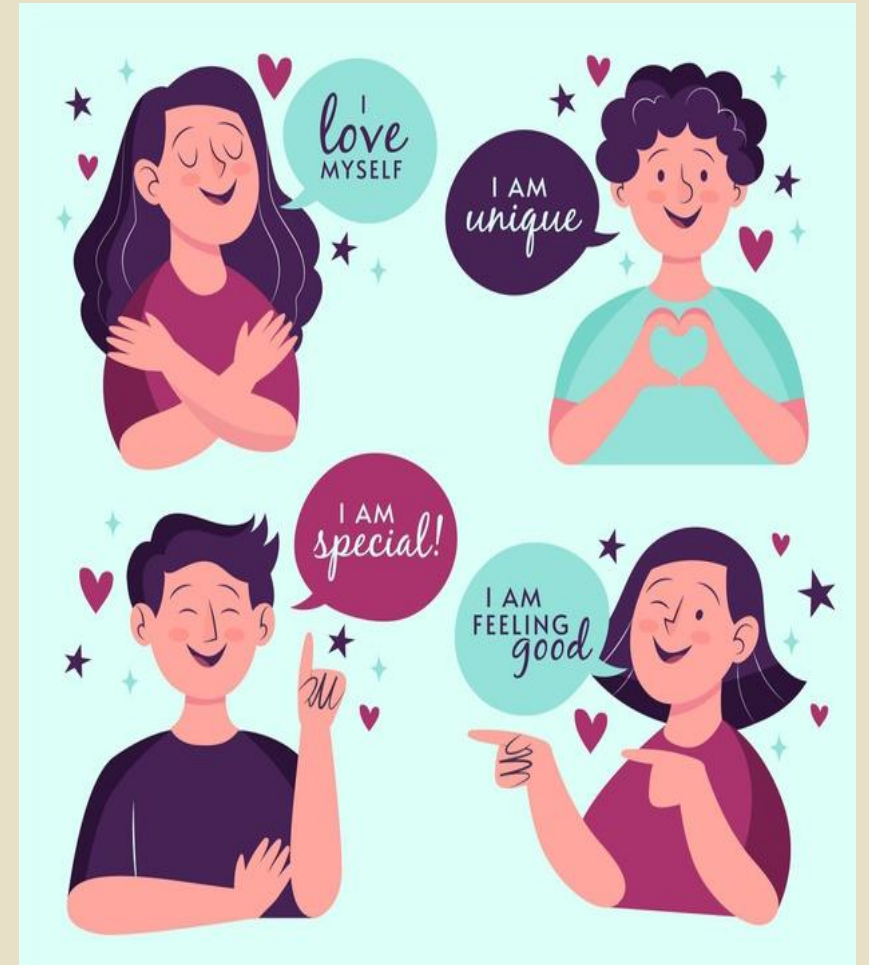
be around.

t they have to say.

High self-esteem:

it means feeling positively about yourself, your actions, and your future.

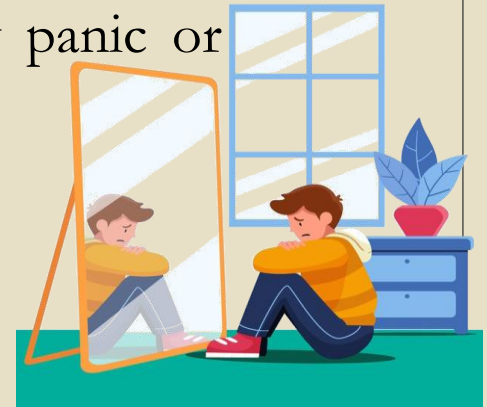
- They firmly believe in certain values and principles and are ready to defend them when finding opposition, feeling secure enough to modify them in light of experience.
- Are able to act according to what they think to be the best choice, trusting their own judgment and not feeling guilty when others don't like their choice.
- All these characteristics of high self-esteem promotes a balanced and healthy personality. Therefore, it is said that self-esteem is an important determinant of personality.



Low self-esteem:

feeling negatively about yourself, your action and your future.

- Fearful of change: due to some failure in the past these people avoid to have changes in their lives.
- Thought of change or adapting to new environment may lead to a full blow panic or anxiety attack.
- The phobic may experience a few or all of the following symptoms:
 - (1) heart palpitations, (2) rapid or shallow breathing, (3) shaking/trembling, (4) sweating, (5) nausea or gastrointestinal distress, (6) inability to form words, (7) dry mouth, (8) thoughts of death, choking, and extreme dread.
- Seeks the safety of the familiar and undemanding
- They are uncertain of own thoughts and feelings
- They feel anxious about the listener's response.



Low self-esteem:

feeling negatively about yourself, your action and your future.

- People with low self-esteem are often drawn to each other, these relationships are often destructive, hurtful rather than helpful
- They don't believe in themselves
- They see themselves failing before they begin
- They have hard time forgiving their mistakes and make them pay the price forever.
- They believe they can never be as good as they should be or as others.
- They are afraid to show their creativity because they will be ridiculed.
- They are dissatisfied with their lives.
- They spend most of their time alone
- They complain and criticize, and they worry about everything and do nothing.



Building self-esteem for Development of Healthy Personality

- • Seek to understand whatever has an influence on your life.
- • Be respectful towards yourself, refuse to reject yourself.
- • Stand up for your values and feelings, find appropriate ways to express them.
- • Recognise that you are the source of your own choices, actions.
- • Take responsibility for identifying your goals
- • Recognize that you are the source of your own choices, actions- you make your life what it is

Steps of building self esteem

- Step 1: Forgive yourself for past mistakes
- Step 2: Focus on your positive attributes
- Step 3: Follow the example of successful people
- Step 4: Become a self talker
- Step 5: Exhibit a good attitude
- Step 6: Get plenty rest
- Step 7: Make your work skills your own
- Step 8: Practice your talent
- Step 9: Become physically fit
- Step 10: Learn new things
- Step 11: Improve your personal relationships
- Step 12: Dress well

{ SELF-ESTEEM
journal }

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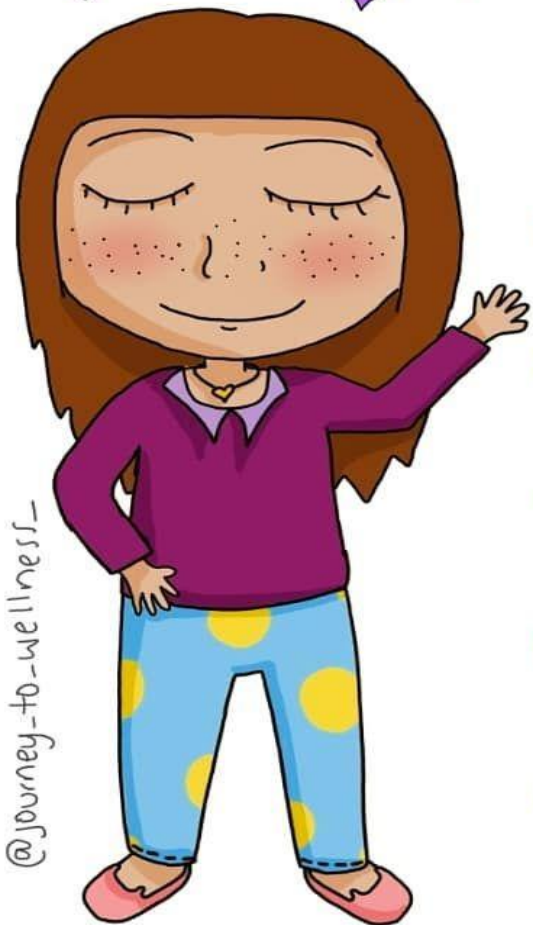
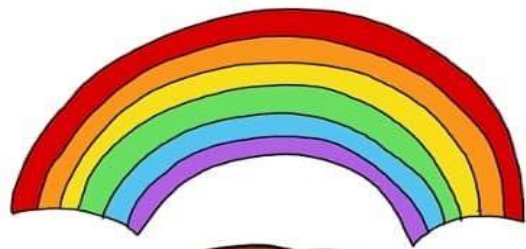
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Educational implications of self esteem

- If some students have low self-esteem, the teacher can help them to enhance skills in the area that is important or challenging to self-esteem. Example: Maybe take night classes to learn how to speak in front of others or do some leadership training or cognitive behavior therapy to develop assertiveness skills.
- Teachers can be instrumental in creating a classroom environment which nurtures and supports students in the development of self-esteem. This can be achieved by modeling to students that mistakes are part of the learning process.
- It is important to empower, and skill students assess their achievement in a positive and productive manner. This creates autonomous learners. Students need to be encouraged to develop support systems both within and outside of the classroom so that they feel confident to take risks in their learning.





SELF-LOVE & ACCEPTANCE — affirmations —

- I AM WORTHY OF LOVE & ACCEPTANCE, JUST THE WAY I AM.
- I AM GRATEFUL TO MY BODY FOR ALL ITS' AMAZING FUNCTIONS.
- I AM DOING THE BEST I CAN WITH WHAT I KNOW & HAVE.
- I AM WORKING ON LOVING & ACCEPTING MYSELF.
- I AM NOT DEFINED BY WHAT I WEAR OR WHAT I LOOK LIKE.
- I AM UNIQUE & DON'T NEED TO BE LIKE ANYONE BUT MYSELF.



Self Affirmations

I am worthy.

I am deserving of happiness, love, health, and peace.

I care about myself.

I deserve good in my life.

I am worthy of having great relationships.

I am a good person.

I am worthy of great success.

I am enough.

I appreciate myself.

I am worthy of love and attention.

