

Self-Esteem



The 7-Step challenge
to building your
self-esteem.

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WHAT IS SELF-ESTEEM?

Self-esteem is how we feel about ourselves. How much we like ourselves. How we perceive ourselves. How much we value ourselves. Our self-esteem carries onto every aspect of our life.

It may keep changing over the years. There will be times when we will find ourselves in the downs, and at others, we may be feeling proud of ourselves. It is something we have to keep working on. Keep building.

WHEN CAN WE SAY WE MAY BE STRUGGLING WITH A LOW SELF-ESTEEM?

If you catch yourself engaging in negative self-talk, then you may be struggling with low self-esteem.

This is what negative self-talk looks like?

- 1: ' I am not good enough"*
- 2; "I fail at everything I do".*
- 3: "I am ugly"*
- 4:" I am lazy".*
- 5: "He/She is better than me".*
- 6: "I can never get it right".*
- 7:"My future is bleak".*

LOW SELF-ESTEEM

HERE ARE OTHER SIGNS OF LOW SELF-ESTEEM

Being self-critical

Socially withdrawing

Focussing on failures.

Comparing yourself with others

Taking any criticism and feedback personally.



What CAUSES LOW SELF- ESTEEM?

Childhood abuse or neglect

Bullying in school

Unrealistic expectations put on us by Parents and Teachers

Pressure to fit in as young adults.

Lack of loving and supportive people in our lives growing up.



READY TO BUILD YOUR SELF- ESTEEM?



Now that you are aware of what self-esteem is, and what may have caused you to have low self-esteem.

Let us begin to work on building your self esteem.

If after trying these exercises you still feel you have work to do on your self-esteem, remember it's ok.

If you have faced some traumatic past experiences, or other severe challenges which may have affected your self-esteem, then seeking help in form of counseling is highly recommended.

Seeking help is a sign of courage and not weakness.

STEP ONE

' "STAYING IN THE PRESENT" '



Begin with trying your best to live in the present.

How?

Pay close attention to things that you engage in your day to day routine.

Start from the time you wake up.

Feel the sheets of your bed. Open your eyes gently. Look through the window. As you sit on your bed. Try to stretch your arms.

Then gently feel the ground when you stand up.

Head to the bathroom. Pay attention to whatever routine you are doing from brushing to showering to changing, or grooming.



*Start your day with a healthy breakfast.
As you go to work, look at your coworkers, and
smile.*

*If you notice your thoughts drifting away, bring
back your mind to what you are doing in that
present moment.*

*Now do some self talk and tell your thoughts
that you will not pay much attention to them
because you are busy with some important
work. Give your attention to the actions you
are engaging in, your surrounding, and the
people around you.*

If you mess up, then it's okay. Keep trying.

STEP TWO

Self- acceptance.



MIRROR TRICK

Each time you look into the mirror say this.

" I am not perfect, but that's ok.

No one is.

The ones who claim they are.

*may be struggling with low
self-esteem themselves'*

and that's ok too.

It's their work to do.

I will focus on my growth.

**NOW TRY TO HUG YOUR IMPERFECT
SELF, IF YOU THINK YOU CAN.
IF YOU ARE NOT THERE YET, THAT'S
OK TOO.**

**KEEP TRYING UNTIL YOU LEARN TO
EMBRACE YOURSELF IN FRONT OF
THE MIRROR**

STEP THREE

COUNT YOUR MISTAKES.



This may be a tough exercise for those who do not like to make mistakes and that's ok.

Pay attention to the mistakes you made by either writing them down or just thinking about them in your head.

Now take a moment, and say,

" I messed up with such and such. It's ok, everyone does"

Now pay attention to one or two of these mistakes, and see what did you learn from them about yourself? have you made this mistake in the past? if so, then how often? How do you feel about yourself after you make this mistake?

What different do you want to do next time you catch yourself making this mistake?

STEP FOUR

Self-responsibility.



WHEN WE STRUGGLE WITH LOW SELF-ESTEEM WE TEND TO BLAME OTHERS WHEN THINGS DO NOT GO THE WAY WE WANTED THEM IN OUR LIVES.

Pick one example from your everyday life, when things did not go the way you had planned or expected. Now see if you are blaming it on someone else?

if so, It's ok, we all do. That's why we are here.

Now, use the 'I ' statement to show accountability. Here are some examples.

" This did not work out because I should have been more careful, I should have done it differently, I will make sure, I do such and such in a different way next time, I can do better. I know what changes I have to make, I learned from this.

I may have reached out to the wrong person but next time I will find a person who can help me the way, I want to be helped" etc etc..., ,

STEP FIVE

Assertiveness



assert

This one is the hardest and takes time to build such skills. Many people who struggle with low self esteem, can be people pleasers.

So in an effort to please others, we put our own needs last, and that over time makes us resent others and feel sad, and disgruntled.

so how do we change that?

Continue to next page

ASSERTIVENESS: CONTINUED

Use ' I ' statements to make your needs known to others. here are some examples:

' I would have loved to help, but I have some family obligations or a project to submit.

" I am sorry, I will not be able to help this time, but if you need help in the future, I will try my best to be there for you.

"I have promised my child to come home early today, so I will not be able to stay for overtime".

" I would have loved to have your family over for dinner, but I have promised my friend to meet her for a launch date". etc etc.

CREATE YOUR OWN ' I ' STATEMENTS FOR VARIOUS OCCASIONS IN YOUR LIFE WHERE YOU SEE THE NEED FOR THEM< ESPECIALLY WHEN IT COMES TO YOUR FAMILY< OR YOUR WORK.

STEP SIX. FIND PURPOSE IN YOUR LIFE.

Reflect on what you are passionate about?

What hurdle did you hit that made you not follow your passions? both at work or in-home.

What is one thing you love about your job, one thing?

It could be something small as smiling at a customer or talking to coworkers.

I asked my 12-year-old one day, what is something you like about school, his answer was ' Dismissal".

So we began with that, and every day he started paying attention to this feeling at the time of dismissal and realized that it's worth experiencing it every day, but to feel that he has to attend the entire day of school!!!





**“WHEN WE GIVE VALUE, PURPOSE,
AND A STORY TO WHATEVER ROLE
WE DECIDE TO PICK IN OUR LIVES, WE
FIND MORE ABOUT OURSELVES.**

SO ASK YOURSELF TODAY.

**WHAT DO YOU LIKE?
WHAT DO YOU STRIVE FOR?
WHAT IS YOUR PASSION?**

**DON'T HAVE THE ANSWERS YET! IT'S
OK. KEEP ASKING. AND KEEP FINDING.**

STEP SEVEN

Find your moral compass.

When our heart aligns with what our values are and what we believe in, we start living an authentic life. At that point what others think of us, how we come across as, does not matter. What matters is that we are comfortable under our own skin. We have fully accepted ourselves. With all our strengths, all our imperfections and that my friend is " Having a Good sense of Self, a Healthy or a Good Self - Esteem".

So here are 3 ways of finding our moral compass.



THREE WAYS TO FIND YOUR MORAL COMPASS



1.

Think before you act.

Before you decide to act on any of your actions ask yourself these 3 questions.

1: Have you been in a similar situation before and what was the result of that action?

2; What are you trying to achieve through this action?

3: Will this action make you a better version of yourself?

2.



Ask for help.

Asking for help takes you out of a feeling of helplessness, and into the feeling of connection, which then can help you make a decision that is in alignment with your moral compass.

Also, it matters whom do you ask for help from?

Choose one or two people in your circle, whom you know and trust with decision making.

3.

TAKE A RISK.

After you have sought help, and have evaluated the pros and cons and your heart feels good.

*Now it may be time to be ok with taking some **risks**.*

Evaluate that there will always be a level of uncertainty.

One of the steps in breaking that cycle of

indecisiveness is to be ok with failures or making a mistake.

If the decision you made works, then guess what! this will build your confidence and your self-esteem.

You will feel good about your decision and if it did not go in your favor, then go back to Day Three, which is learning to accept yourselves when you have made a mistake.

Being ok with them, learning from them, and trying again is what Self esteem is all about.



CONGRATULATIONS!

You completed the 7-step challenge of working on your self-esteem and making it better.

Now feel free to go back to the Mirror(like in step 2) and applaud yourself for standing this challenge, questioning yourself, being your own critic, as well as your own champion.

Share your thoughts and comments.

I will love to hear of your journey in building your self-esteem.



Rajmukh Arora

CONGRATULATIONS!