

A Five-Week Plan For Higher Self-Esteem

in a gentle manner. Make at least two entries in your journal about this week.

Week 3

Challenge your external imagery of yourself with "mirror talk."

- A. Each morning as you look in the mirror say to yourself, "I like myself" 10 times. (Bet you can't do this without smiling!)
- B. Make two entries in your journal this week.

Week 4

Challenge your external talk.

- A. Accept compliments with a simple thank you. No buts or excuses are allowed.
- B. Note, stop and rephrase any killer phrases such as "I'm fat, stupid, a failure, always making mistakes" or phrases that point out your mistakes in present or past projects. Avoid phrases that show uncertainty such as "I'll try, I suppose I can, I may be wrong but..." Instead say, "I'll do it!"

Week 5

Challenge your external appearance.

- A. Check your "facial greeting." Is it inviting or are you frowning? Check frequency as well.
- B. Check your hairstyle and the neatness of clothes, shoes, etc. Are you presenting yourself in a positive way?
- C. Work on those factors that make you look positive to others. Remember, they do not have to be expensive.
- D. Make at least two entries in your journal. Work with a friend or one of Kirkwood's counselors as you progress to higher self-esteem. Share your journal with them; ask for their input.

Resources

Virtual Pamphlet Collection

<http://www.dr-bob.org/vpc/virtulets.html>

This handout is part of a Self-Help Information Series written by Kirkwood Community College counselors. Please share this information with family, friends and classmates.

Dean of Student's Office
Counseling Services
108 Iowa Hall
1-800-332-2055 ext. 5540, 319-398-5540
Kirkwood Community College
6301 Kirkwood Blvd. SW • Cedar Rapids IA 52406

Kirkwood
COMMUNITY COLLEGE

www.kirkwood.edu

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Self-Esteem



Valuing the Good in Yourself



Valuing The Good In Yourself

Self-esteem is a topic of high interest among college students. The good news about self-esteem is that it can be improved with a little concentrated effort.

You owe it to yourself to feel good about yourself most of the time. This pamphlet includes a five-week plan to higher self-esteem. But first, let's talk about what self-esteem is.

Self-esteem develops in each of us according to the unique experiences we've had in social situations, at school, at work and with our family. If these experiences have been positive, chances are we feel pretty good about ourselves. If these experiences have been rough and of a more negative nature, the reverse is probably true and our self-esteem is low and troublesome.

One writer likened our self-esteem to a "golden and precious sphere" within each of us. People with high self-esteem have had their golden sphere polished over the years by the people and events they have encountered. They also have been encouraged to polish their sphere themselves.

Unfortunately, some people's spheres have become tarnished on their pathway to the present. These people have lost sight of how precious they are and how to polish their own sphere to feel worthwhile.



Self-Esteem Questionnaire

Take a few moments to complete the following self-esteem questionnaire:

1. Is it hard for you to accept compliments?
 Yes No
2. Do you continually wish you could change your appearance?
 Yes No
3. Are you easily hurt by criticism?
 Yes No
4. Are you very shy or overly aggressive?
 Yes No
5. Are you apt to look for someone to blame for your misfortune?
 Yes No
6. Are you happy when others fail?
 Yes No

If you answered "YES" to the majority of these questions, your self-esteem could probably use some improving.

7. Do you give yourself credit when you deserve credit?
 Yes No
8. Do you accept your physical appearance?
 Yes No
9. Do you accept constructive criticism?
 Yes No
10. Are you generally at ease when meeting people?
 Yes No
11. Are you able to laugh at your mistakes?
 Yes No
12. Do you enjoy the success of others?
 Yes No

If you answered "YES" to most of these questions, your self-esteem is probably pretty high.

A Five-Week Plan For Higher Self-Esteem

If you are feeling less than precious or worthwhile, here's a plan to regain what is yours.

Set a new goal for each of the next five weeks as suggested below. Keep a weekly journal with at least two entries each day about your progress.

Week 1

Scrutinize and challenge your self-talk or internal dialog.

- A. Watch for and eliminate all killer phrases such as "dummy," "stupid," or "I am always screwing up."
- B. Each day, write some self-esteem building phrases on a slip of paper to carry with you. Include phrases such as "I'm a winner"... "I do well"... "I'm important"... "I'm a good person"... "I'm getting better and better." Pause several times during the day to repeat. Write at least two entries about the week in your journal.

Week 2

Challenge your internal imagery each day in the morning as you rise and in the evening before you go to sleep.

- A. As you lie down to sleep, look for and review the things you did well.
- B. Morning or evening, while half awake, preview the coming day. See yourself waking rested, happy and refreshed. See yourself accomplishing a task in a positive, successful manner. See the applause, hear the compliments!
- C. See yourself as a graceful ballet dancer, or some other self-enhancing imagery.
- D. See yourself doing something that is difficult for you in a satisfactory manner. This may be taking criticism positively or talking with an angry person