



Self Esteem

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**Self esteem
is a good
opinion of
our own
character
and
abilities.**



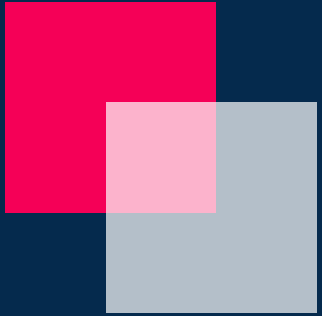
Self esteem is

- a. feeling of competence,
- b. Self identify (How we see our self)
- c. A sense of belonging
- d. Self confidence
- e. Feeling of security



**Rosenberg
(1965) defined
self-esteem as
a subjective
evaluation of
one's thoughts
and feelings.**





Why Self Esteem?

Self-esteem plays a significant role in **overall healthy development**, contributing to important life outcomes such as **better social relationships**, **better physical health**, **high academic success**, and **good coping skills** (Nguyen et al., 2019).



— Benefits of Self-Esteem

1. Being Authentic
2. Having a Sense of Purpose
3. Clarity in Decision Making
4. Being Realistic
5. Understanding Value
6. Having Good Communication Skills
7. Having the Drive to Succeed
8. The Ability to Form Good, Healthy Relationships
9. Being Ready and Willing to Help Others
10. Embracing New Challenges
11. Being Unafraid of Uncertainty or the Unknown
12. Resilience
13. Acceptance
14. Having High Motivation
15. Good Mental Health
16. Good Physical Health
17. The Ability to Live Life Fully etc



Types of Self Esteem

Level of Self Esteem

Three levels of Self Esteem

1. Inflated self esteem
2. High self esteem and
3. Low Self Esteem



1. Inflated Self-esteem

1. Self-centred
2. Pessimistic
3. Arrogant and narcissistic
4. Volatile to criticism
5. Hostile towards others
6. Afraid of rejection and failure
7. Prone to bragging to hide their mistakes, incompetence, and flaws
8. Unable to develop healthy and meaningful relationships
9. Preoccupied with being perfect
10. May focus on always being right
11. May believe they are more skilled or better than others



2. High Self Esteem

1. Psychological resilience
2. High motivation and dedication
3. Openness to corrective criticism
4. Readiness to accept a new challenge
5. Willingness to admit mistakes and incompetencies
6. Readiness to learn new things
7. Peaceful conflict resolution
8. Healthy self-love
9. Enhanced mental health
10. Prosocial behaviour, like empathy, generosity, leadership, etc.



Signs of Low Self Esteem

1. Feelings of inadequacy,
2. self-doubt,
3. incompetence
4. Lack of confidence
5. Worry
6. Absence of self-worth
7. Fear of rejection
8. Poor risk taker
9. Afraid of competitive or challenges
10. Non assertive
11. Lack initiative
12. Over-dependency
13. Social withdrawal
14. Shyness
15. Lack of self acceptance



Categories of Self Esteem

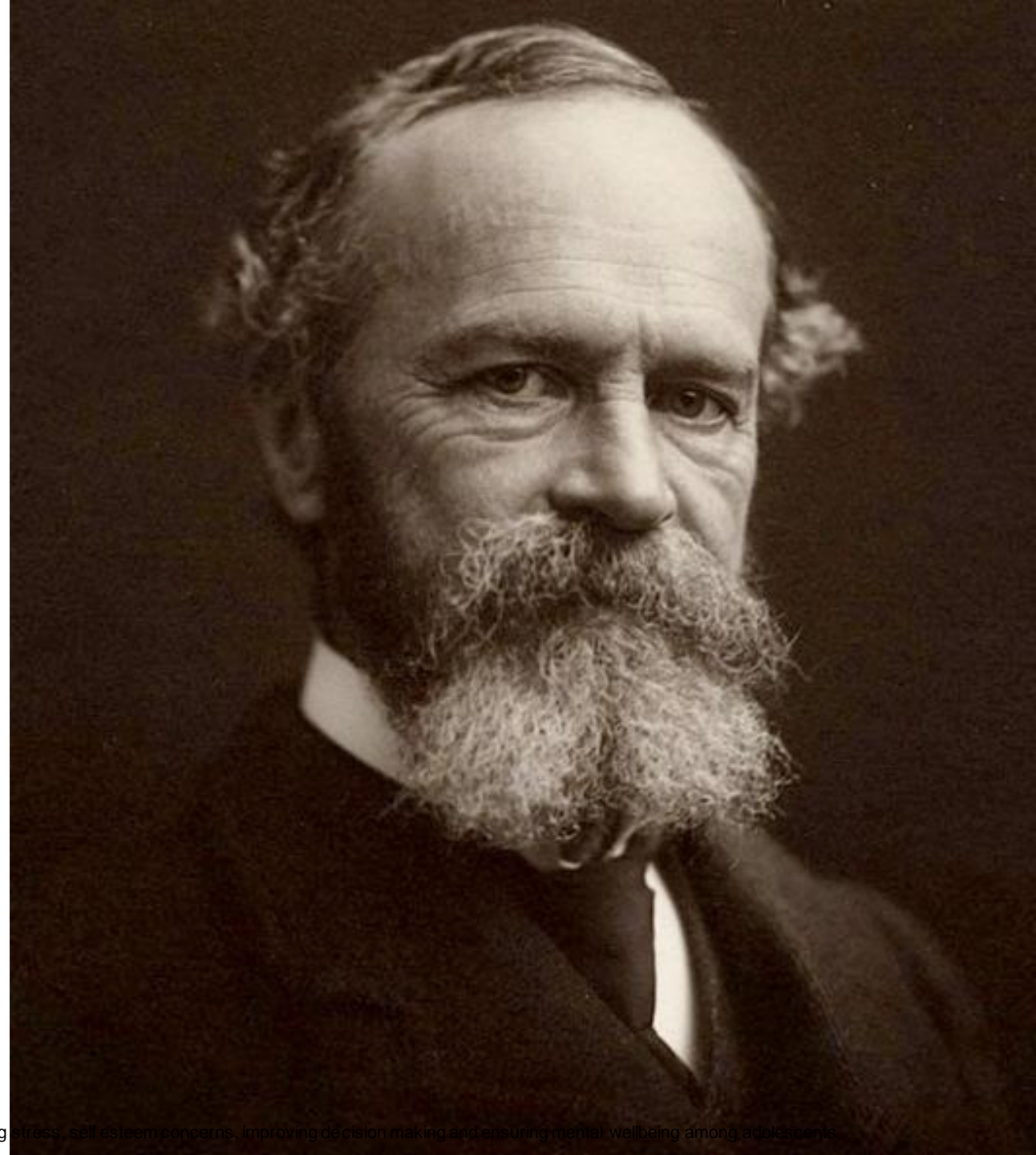
1. **Global self-esteem:** refers to the overall aggregated opinion of oneself at any one time, on a scale between negative and positive (Harter, 1993, p.88 as cited in Kling et al., 1999).
2. **Domain specific:** relates to one's self-esteem in regard to a particular area, such as sport.
3. **Trait self-esteem:** described as an individual's accumulated lifelong perception of social inclusion and exclusion (Leary, Tambor, Terdal & Downs, 1995).
4. **State self-esteem:** a perception of changes in one's level of social inclusion, given a particular setting.
5. **Stable self Esteem:** as compared to unstable and narcissistic self-esteem, with the latter two eliciting stronger emotional reactions to ego threats
6. **True or authentic self esteem:** high self-esteem that is stable



Formula for Self Esteem

Creator of Self Esteem

William James is repeatedly referred to as the creator of the self-esteem movement (Hewitt, 2005; Kling et al., 1999; Leary et al., 1995; Seligman, 1996)



Formula for Self Esteem

James's (1890 as cited in Seligman, 1996, p.30) original formula of self-esteem appears to be well respected:

$$\text{Self-esteem} = \frac{\text{Success}}{\text{Pretensions}}$$



Factors of Self Esteem

Factors of Self Esteem

The following factors are affecting the self esteem

1. Physical Appearance
2. Family Environment
3. Self belief
4. Identity
5. Personality traits
6. Ideologies
7. Feeling of competence
8. Sense of belonging
9. Life experiences
10. Genetics
11. Age
12. Sex
13. Social Status
14. Illness or disability
15. Culture





Low Self Esteem

Low Self Esteem

Low self esteem has dire consequences on personal and professional lives. Research links low self esteem to negative and stressful life experiences like abusive experiences, childhood trauma, grief, poverty, etc.



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Signs of Low Self Esteem

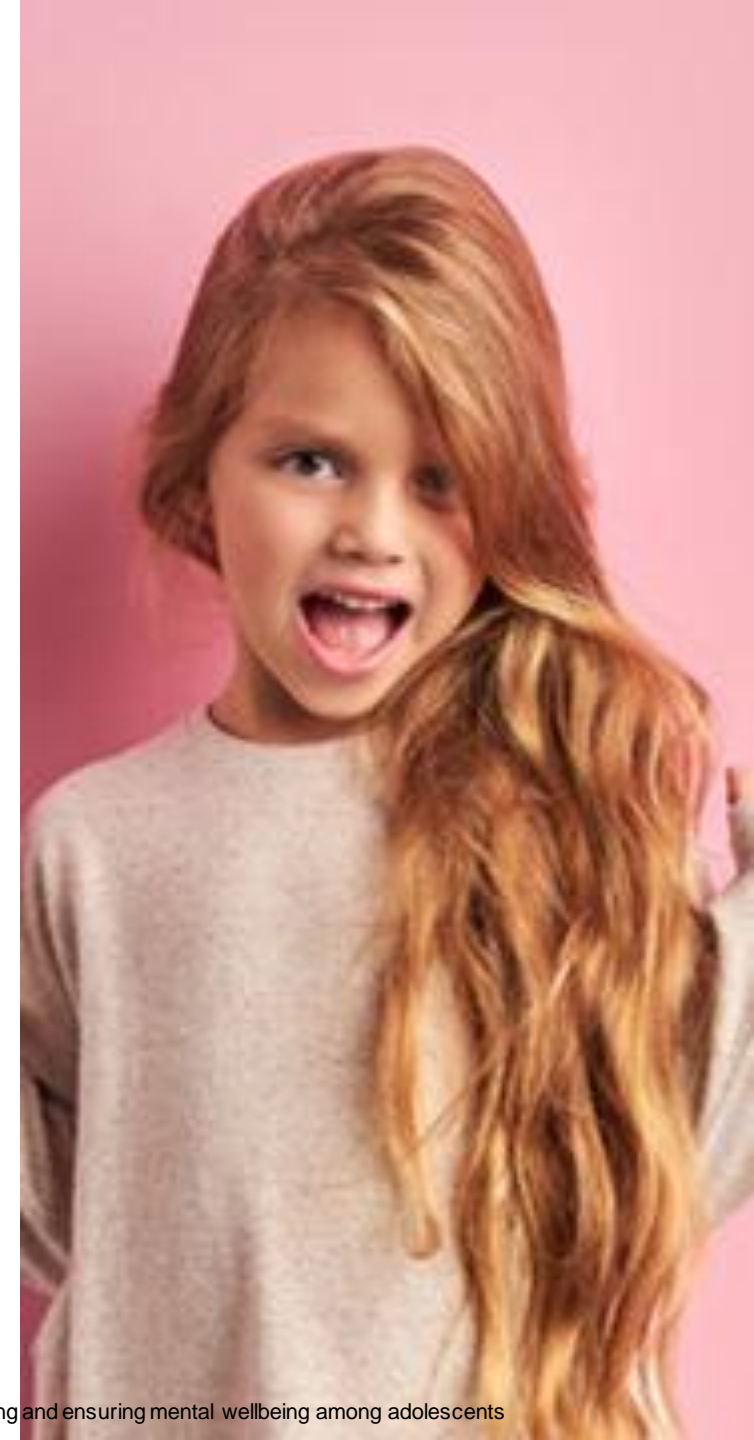
1. Blame others for their shortcomings
2. Indecisiveness
3. Doubt a lot
4. Low aspiration
5. Fear of failure
6. Poor outlook of the future
7. Lack of boundaries
8. avoiding challenges
9. Negative social comparisons
10. Negative self-talk
11. feeling sad, depressed, anxious, ashamed, angry or worthless
12. focusing on negatives
13. being overly upset by disapproval or criticism
14. Ignoring achievements
15. Trouble asking for help



Exercise for Self Esteem

Self Esteem Journal

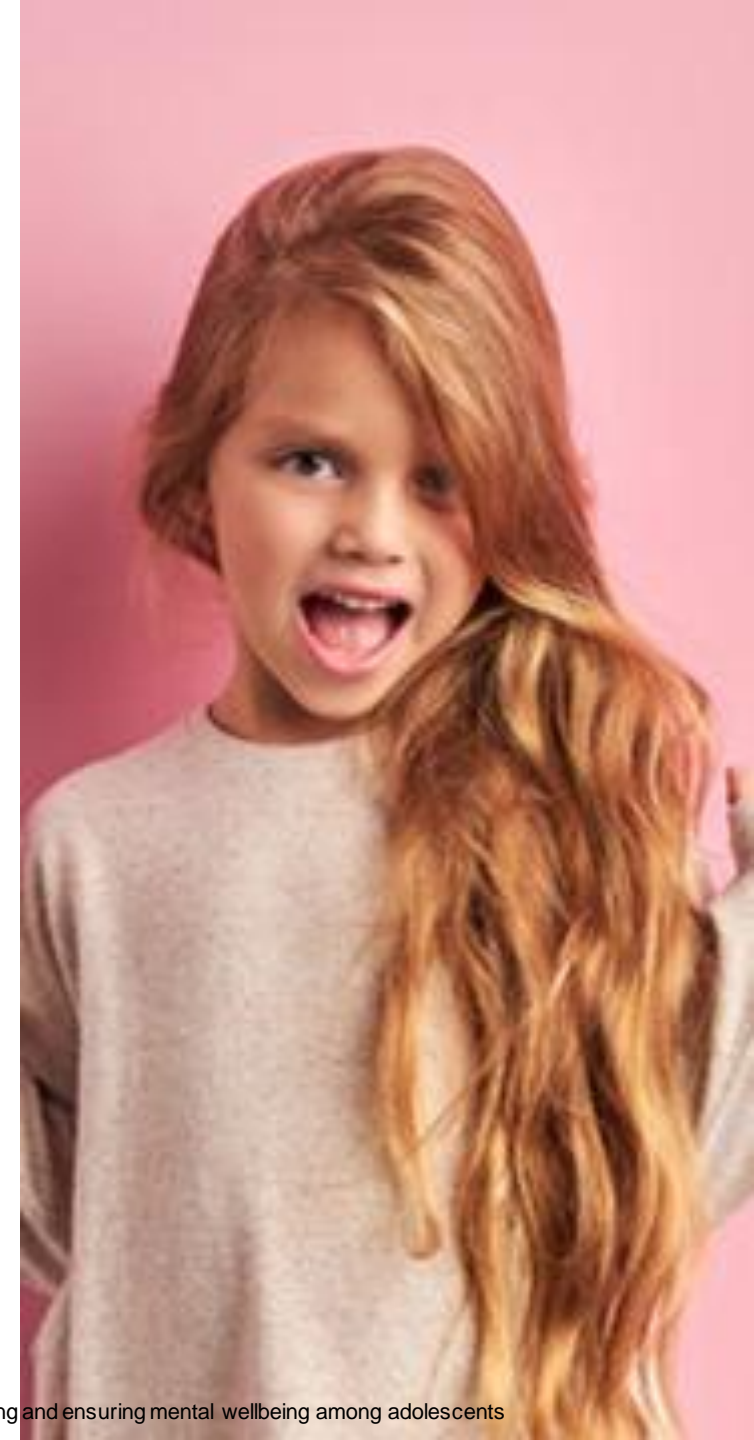
The purpose of a self-esteem journal is to foster positive reflection and increase self-awareness, self-acceptance, and self-compassion.



Exercise - 1

Honour your strengths

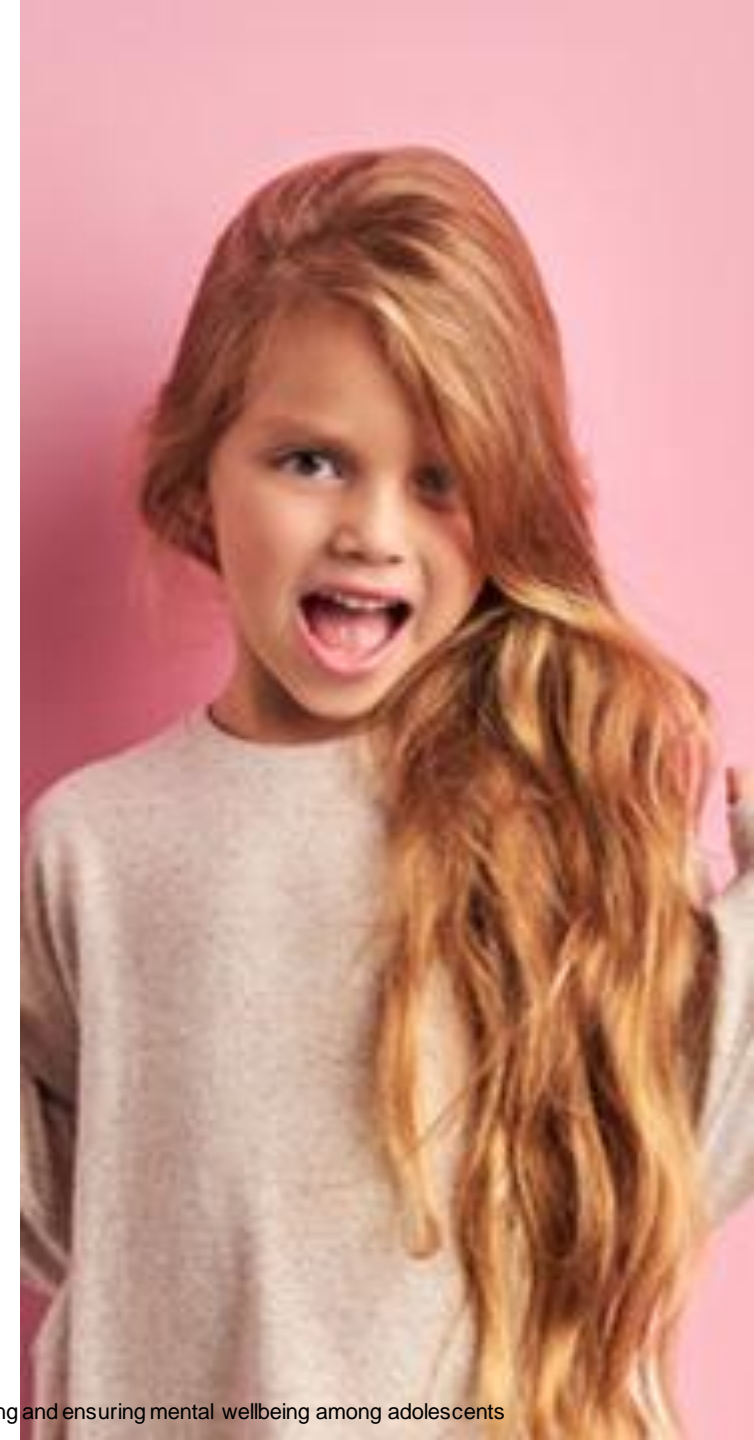
Reflect on your three greatest strengths and jot down specific examples of actions, behaviours, or accomplishments that demonstrate them.



Exercise - 2

Find gratitude

List three things in your life that you are grateful for and provide details about why. How have they impacted you physically, mentally, emotionally, or spiritually?



Exercise - 3

Dream about your perfect day.

But make it somewhat realistic.

Describe what you would do, who you would be with, and what it would feel like.



Exercise - 4

Reflect on a recent success and what it says about your character. Think about something you have recently accomplished or a “win” that you have had. Then write about how this success demonstrates a positive quality or characteristic that you possess.



Exercise - 5

Acknowledge your efforts. Self-esteem is not just about success. It also recognizes that sometimes our efforts, determination, dedication, and persistence are part of the process and great attributes to develop. Think of a recent challenge you were faced with and how you persisted despite the outcome.



Exercise - 6

Reflect on people in your life who truly matter. Think about the relationship you have with them and why it is meaningful. Write about how they have impacted you as well as how you have affected them.



Exercise - 7

Write about qualities that make you unique.
This is often harder than focusing on our strengths. But reflect on this and provide examples.



Exercise - 8

Write about your ideal future and achieving goals. Include attributes, skills, and resources you have that will help make this possible.



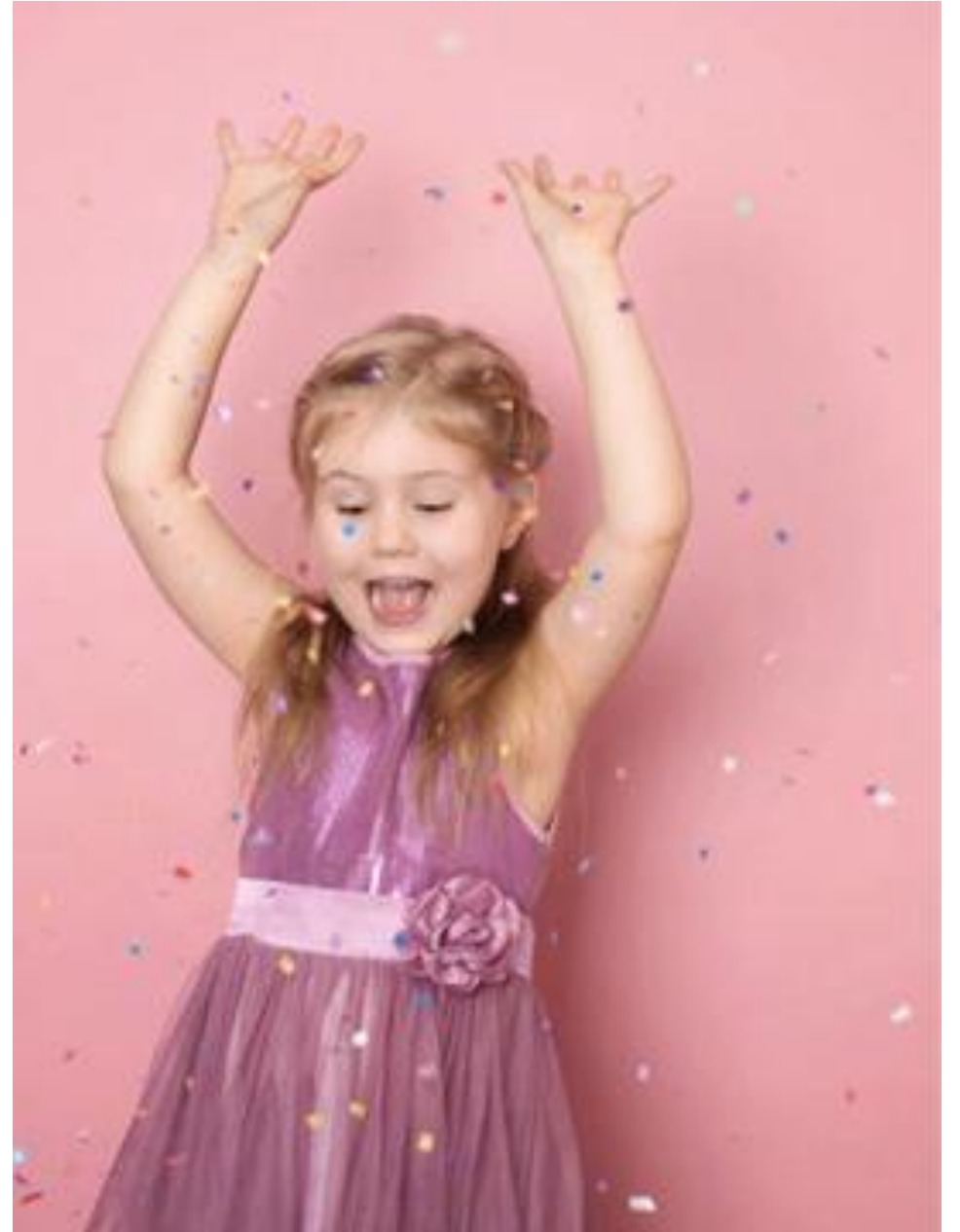
Self Esteem Journal

- 5 things that made me feel peaceful today:
- I felt proud of myself when:
- I enjoyed:
- My family admire me for my:
- 5 small successes I had today were:



Self Esteem Journal

- The highlight of my day was:
- My best attribute is:
- 3 unique things about me are:
- I feel most proud of myself when:
- I'm excited for:



Self Esteem Journal

- 5 things or people I feel thankful for are:
- I am in my element when:
- 5 ways my life is awesome:
- My biggest success this week was:
- I feel best about myself when:

