Self–Esteem Resources

For those that feel they don't have self-esteem or have low self-esteem, the process of how you improve your own self-esteem can seem daunting, scary, or confusing. Where do you start? How exactly do you "find" better self-esteem?

First of all, I have found the following resources to be very helpful to clients:

Daring Greatly, Brene Brown, http://www.brenebrown.com
The Everything Guide to Self-Esteem, Nanette Burton Mongelluzzo, Ph.D., LPC
*Self-Esteem Workbook*, by Schiraldi, Fanning and McKay
Flourish, Martin Seligman, http://www.authentichappiness.com
Journal to the Self: Twenty-Two Paths to Personal Growth, Kathleen Adams, MA
Madly In Love With Me, Christine Arylo

One of the best places to start working on your own self-esteem is to begin with uncovering your own core beliefs about your worth as a person. Yes, this is much easier said than done. Core beliefs are those deep down thoughts and driving forces that affect how we think about ourselves, our world, and the people around us. They cause us to feel unmotivated (or unable) to work towards the career we really want, or to accept being treated in ways we don't like by people around us, or to feel depressed and anxious. Uncover those core beliefs and transform them into more realistic and positive beliefs that strengthen self-worth rather than erode it. Part of being realistic about the self is giving equal weight to negative and positive characteristics. We all have both, but it is a lot easier to take in negative beliefs than it is for the positive ones. Be patient and compassionate with yourself. Know your values and live them.

I love Christine Arylo's Self-Love Tree, and I've included the image below. It may be difficult to see clearly so you can either ask me for a copy of it or go searching the Internet for a version you can enlarge.
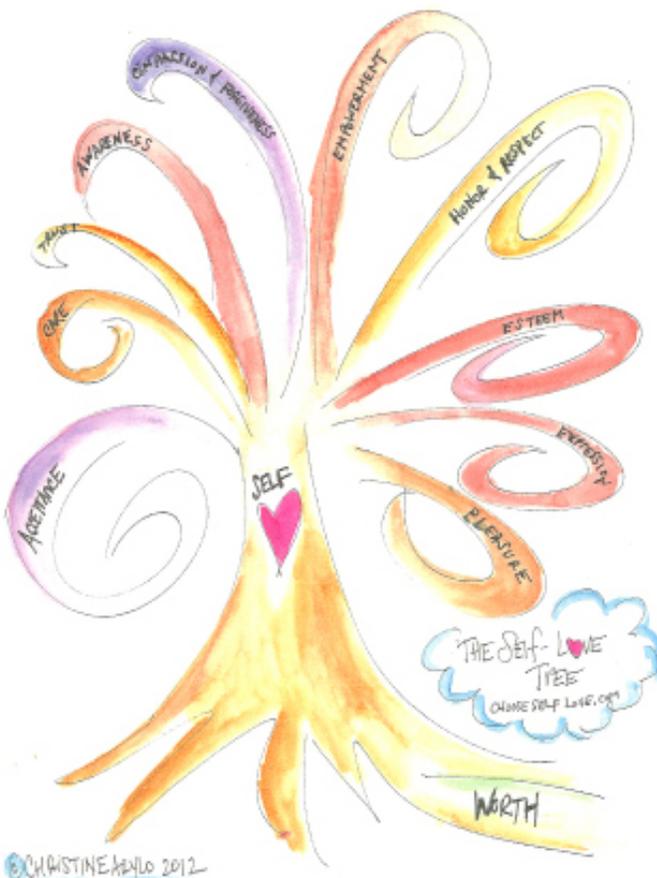
The strength and love of your self is supported by self-worth. Here's where those beliefs come in to play!

And what grows from self-love are the qualities you see in the branches of this tree - acceptance, empowerment, respect, esteem, etc..

Each of those resources above can help you to tackle those core beliefs and get to know your worth and the real you.