

I'm not robot!



Having healthy self-esteem can influence your motivation, your mental well-being, and your overall quality of life. However, having self-esteem that is either too high or too low can be problematic. Better understanding what your unique level of self-esteem is can help you strike a balance that is just right for you. This article discusses how self-esteem is defined, why it is important, and the factors that affect self-esteem. It also covers what you can do to help improve your self-esteem. Self-esteem describes a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Key elements of self-esteem include: Self-confidenceFeelings of securityIdentitySense of belongingFeeling of competence Other terms often used interchangeably with self-esteem include self-worth, self-regard, and self-respect. 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 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. Four key characteristics of healthy self-esteem are: A firm understanding of one's skillsThe ability to maintain healthy relationships with others as a result of having a healthy relationship with oneselfRealistic and appropriate personal expectationsAn understanding of one's needs and the ability to express those needs People with low self-esteem tend to feel less sure of their abilities and may doubt their decision-making process. They may not feel motivated to try novel things because they don't believe they can reach their goals. Those with low self-esteem may have issues with relationships and expressing their needs. They may also experience low levels of confidence and feel unlovable and unworthy. People with overly high self-esteem may overestimate their skills and may feel entitled to succeed, even without the abilities to back up their belief in themselves. They may struggle with relationship issues and block themselves from self-improvement because they are so fixated on seeing themselves as perfect. This video has been medically reviewed by Rachel Goldman, PhD, FTOS. Many theorists have written about the dynamics involved in the development of self-esteem. The concept of self-esteem plays an important role in psychologist Abraham Maslow's hierarchy of needs, which depicts esteem as one of the basic human motivations. Maslow suggested that individuals need both appreciation from other people and inner self-respect to build esteem. Both of these needs must be fulfilled in order for an individual to grow as a person and reach self-actualization. It is important to note that self-esteem is a concept distinct from self-efficacy, which involves how well you believe you'll handle future actions, performance, or abilities. There are many factors that can influence self-esteem. Your self-esteem may be impacted by: AgeDisabilityGeneticsIllnessPhysical abilitiesSocioeconomic statusThought patterns Racism and discrimination have also been shown to have negative effects on self-esteem. Additionally, genetic factors that help shape a person's personality can play a role, but life experiences are thought to be the most important factor. It is often our experiences that form the basis for overall self-esteem. For example, low self-esteem might be caused by overly critical or negative assessments from family and friends. Those who experience what Carl Rogers referred to as unconditional positive regard will be more likely to have healthy self-esteem. There are some simple ways to tell if you have healthy self-esteem. You probably have healthy self-esteem if you: Avoid dwelling on past negative experiences Believe you are equal to everyone else, no better and no worse Express your needs Feel confident Have a positive outlook on life Say no when you want to See your overall strengths and weaknesses and accept them Having healthy self-esteem can help motivate you to reach your goals, because you are able to navigate life knowing that you are capable of accomplishing what you set your mind to. Additionally, when you have healthy self-esteem, you are able to set appropriate boundaries in relationships and maintain a healthy relationship with yourself and others. Low self-esteem may manifest in a variety of ways. If you have low self-esteem: You may believe that others are better than you. You may find expressing your needs difficult. You may focus on your weaknesses. You may frequently experience fear, self-doubt, and worry. You may have a negative outlook on life and feel a lack of control. You may have an intense fear of failure. You may have trouble accepting positive feedback. You may have trouble saying no and setting boundaries. You may put other people's needs before your own. You may struggle with confidence. Low self-esteem has the potential to lead to a variety of mental health disorders, including anxiety disorders and depressive disorders. You may also find it difficult to pursue your goals and maintain healthy relationships. Having low self-esteem can seriously impact your quality of life and increases your risk for experiencing suicidal thoughts. Overly high self-esteem is often mislabeled as narcissism, however there are some distinct traits that differentiate these terms. Individuals with narcissistic traits may appear to have high self-esteem, but their self-esteem may be high or low and is unstable, constantly shifting depending on the given situation. Those with excessive self-esteem: May be preoccupied with being perfectMay focus on always being rightMay believe they cannot failMay believe they are more skilled or better than othersMay express grandiose ideasMay grossly overestimate their skills and abilities When self-esteem is too high, it can result in relationship problems, difficulty with social situations, and an inability to accept criticism. Fortunately, there are steps that you can take to address problems with your perceptions of yourself and faith in your abilities. How do you build self-esteem? Some actions that you can take to help improve your self-esteem include: Low self-esteem can contribute to or be a symptom of mental health disorders, including anxiety and depression. Consider speaking with a doctor or therapist about available treatment options, which may include psychotherapy (in-person or online), medications, or a combination of both. Hosted by Editor-in-Chief and therapist Amy Morin, LCSW, this episode of The Verywell Mind Podcast shares strategies that can help you learn to truly believe in yourself, featuring IT Cosmetics founder Jamie Kern Lima. Follow Now: Apple Podcasts / Spotify / Google Podcasts Though some of the causes of low self-esteem can't be changed, such as genetic factors, early childhood experiences, and personality traits, there are steps you can take to feel more secure and valued. Remember that no one person is less worthy than the next. Keeping this in mind may help you maintain a healthy sense of self-esteem. Subliminal Affirmations for Positive Self-Esteemに寄せられたリスナーの声 総合評価 5 out of 5 stars 5つ星のうち5.0 星5つ 1 星4つ 0 星3つ 0 星2つ 0 星1つ 0 ナレーション 5 out of 5 stars 5つ星のうち5.0 星5つ 1 星4つ 0 星3つ 0 星2つ 0 星1つ 0 ストーリー 5 out of 5 stars 5つ星のうち5.0 星5つ 1 星4つ 0 星3つ 0 星2つ 0 星1つ 0 レビューはまだありません。 Highly recommend this book for it will change your life, literally you'll be able to see the results play out in your life. I just finished listening for 30 consecutive days as it suggests. I do feel more positive and motivated. I recommend this audio for people whose looking for easy listening yet powerful affirmations. I am a fan of doing my personal (custom made) affirmations but sometimes I do not feel like it whatever the excuse is, all I have to do is play this and I feel like my mood is set up for the day. it has 6 different tracks, most of them are lousie speaking and the other 2 are subliminals. I really enjoy listening Louise's voice in the audiobooks. Her voice is so smooth and makes me feel very relaxed! Joanne Solis-Keus 2022/03/03 Louise is amazing! If you want peace, love, healing and positivity this is a must read. Anonymous User 2022/03/03 I love Louise Hay! I feel like the end cuts off, but other than that this meditation is great! Ever since I started reading and listening to Louise, my perspectives changed. My outlook on life and deservability soared. I love to listen to Louise her wisdom is always appreciated. However the sound quality is terrible the music hasn't come off well. Which is a shame. I just tried not to let it take away from the benefits of the words. The music is outdated and that's a bit off putting you'd think with a big company like Hay House they wouldn't make such school boy errors. I haven't let these things irritate my ego into not listening to it. I really like Louise Hay, but this one is very poor. The music is too loud in the background. I don't like I, YOU repeat, for affirmation is better to use only the word I, I am. Chapter 3 is disaster. Look for 101 Power Thoughts from the same author, with this one you can't go wrong.

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