



My Healing Program

Low Self-Esteem



1 What is low self-esteem?

A person with low self-esteem or lack of confidence generally has challenges with self-acceptance, and a low regard for themselves. They **feel worthless and feel insignificant** in society, feeling unworthy of love, unworthy of being listened to, and feeling as though they are unable to make any contribution to their lives, to other peoples' lives, to their work or in social environments.

Low self-esteem can manifest itself in traits such as indecision, hypersensitivity to criticism, and guilt. They tend to become defensive very easily because of the above, to try and protect themselves from feeling even worse about themselves than they already do.

Low self-esteem knows no boundaries – from young children to aged adults, all races and ethnic groups, people of all status groups, whether rich or poor....it can affect anyone.

2 The challenges of living with low Self-esteem

Living with self-esteem or self-acceptance issues is challenging. Irrespective of the age group one is in, it becomes increasingly difficult to face social exposure, whether in person or electronically via social media or virtual platforms, which tends to isolate the person even more.

This, in turn, leads to further fears of venturing into conversation or contact with others, which eventually becomes a downward spiral.

One of the biggest challenges is that people around you cannot always see there is something wrong, so it can often go unnoticed for many years. People may assume you are anti-social or that you are shy, or worse – snobbish, never realising the deep emotions involved in the psyche when dealing with low self-esteem.



It is not a medical condition, and is not classified in the DSM (Diagnostic and Statistical Manual of Mental Disorders as a stand-alone condition, however, in combination with other symptoms, may point to conditions which include, but are not limited to, depression, anxiety, bipolar, or certain personality disorders.

3 Questions to ask yourself if you think you may suffer from low self-esteem:

- a) Do you ever feel unloved? **Yes / No**
- b) Do you feel that no-one cares about you? **Yes / No**
- c) Do you feel you do not deserve having someone care about you or love you? **Yes / No**
- d) Have you ever wished the floor would swallow you whole when you walk into a crowded room, whether you know the people there or not? **Yes / No**
- e) Have you ever wanted to speak out on a topic being discussed, but you don't have the courage to do so? You may be thinking they will think your statement is silly or may laugh at you? **Yes / No**
- f) Have you ever been criticised for things you do, or say, or the clothes you wear, your hairstyle, your looks? **Yes / No**
- g) Have you ever wished you were someone else? **Yes / No**
- h) Have you ever wished you weren't around, that life would be easier/ better for others if you just weren't here? **Yes / No**

If you answered no to all, or most of the above questions, you may not necessarily be having low self-esteem issues, however, please continue for further information to gain a better understanding.

If you answered yes to three or more of the above questions, it is likely you are suffering from low self-esteem. If you answered yes to 6 or more questions, please contact me at merrill@myhealingprogram.com to find out about our coaching program on low self-esteem.



4 Do you want the good news or the good news?

Yes, you read that question correctly! There **is only good news**, no bad news. You can overcome low-self-esteem. It is all about self-acceptance.

There are various steps in the life coaching process that will help you to understand yourself better. This greater understanding of yourself and knowing why you feel a certain way about yourself will become evident through

the coaching activities. This learning is enhanced through probing questions compiled to uncover and investigate any feelings of inferiority, uncertainty, or indecision as to who you are, what your values are and the principles for which you stand and live by.

5 Want to feel confident about yourself? Want to learn to love yourself?

You can, and you will, if you are committed to overcoming your feelings of unease within yourself. You can achieve peace of mind, self-confidence, and courage within yourself if you believe you can, and are committed to changing your mindset. Your belief and the coaching actions you be taken through will lead to the transformation you desire.

6 Want to change something about yourself to be the person you always wanted to be?

There may be something specific in your life or about yourself which you do not like. This could be something minor such as cursing about things when you get frustrated or telling white lies to protect people, things that do not really affect other people too badly. There could, however, be major issues such as drinking or gambling too much, or another form of addiction that has bad effects on other people, which you wish to work on.

It could be physical things about your body or face you wish to change – please refer to the activity on Body Image. It could be things you want to change because other people have criticised you, or made nasty comments to you about.

If you do or have any of these, or any other areas in your life you would like to change, list them below.

7 Are your desired changes realistic? Yes / No

8 How long would it take you to achieve these changes?

9 Can you make these changes on your own? Yes / No

If no, what would you need someone else for?

10 If you need someone else to assist you, what skills or expertise would that person need?

11 Do you know anyone personally who could fill the requirements?

12 What could prevent you from making the desired changes?

13 How many of the responses in question 12, are within your control? List them

14 Are you willing to work hard and put in the effort to change the above? Yes / No

15 How would it make a difference in your life if you achieved the changes?

16 If you choose to change, you will!

If it is realistic, you will be able to transform, if your mindset is right. The realisation you need to have is that **you** need to do it, no-one else can do it for you. People can support you, guide you, help to inspire you, but cannot do it for you.

The commitment must be from your side. If not, no matter how hard anyone else works to motivate you and urge you onwards, your success and achievement in the pursuit of your changes, is up to you.

17 Support during your transformation

The success of your transformation is in your hands and the choice is entirely yours if you truly wish to make the changes.

It is critical to realise the reason behind the desired change – you need to be deeply committed. If the desire to change is within you, and your will is strong enough, you will achieve your desired outcome.



Should you wish to discuss coaching options, please feel free to contact me at merrill@myhealingprogram.com
