



Self-esteem is a dynamic, internal entity not a tangible, static state that can be directly and easily observed and assessed.

In the search for a complete definition of self-esteem, one can find hundreds of different literal meanings. However, it can be said that this feeling is essentially the same as our “state of being” and to complicate the matter further, it can be said that when experiencing a sense of self-esteem, a chain of small events seems to occur. Sometimes it seems that all these events happen in the blink of an eye, but at other times these events occur slowly, step by step and over a longer period of time.

The way we think about ourselves has a profound impact on all aspects of our lives. People who have a positive self-esteem generally radiate a sense of security and peace of mind. Such people are less dependent on social reinforcement and praise from others because they have learned how to be their own best friend and greatest motivator. In contrast, a person with low self-esteem reminds one of the catastrophe of the world turning upside down. They are usually more passive, more persuasive and less popular. These people are extremely sensitive to negative criticism.



Why do some people have stronger self-esteem than others?

We strongly believe that we all start life with an equal capacity for strong self-esteem. How many children or infants do you know who have a negative view of themselves? But unfortunately we all know that this picture can quickly change.

Self-respect



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Tips

- The way we think about ourselves has a profound impact on all aspects of our lives.
- Take your time in freeing yourself from negative habits. Rushing will hinder your proper progress.
- Never say anything bad about yourself, especially don't attribute irreversible negative qualities to yourself.

As children prepare to go to school, the difference between each of their self-esteems becomes apparent.

It seems that as soon as we feel ourselves as individuals, the seeds of self-esteem germinate and grow in us, but just like someone on a merry-go-round, we will be strong and fruitful one day and weak and hopeless the next. Of course, in this regard, our childhood experiences are also very important because it is at that time that our main personality traits and habits are formed.

In freeing yourself from negative habits, do not try to eliminate them all at once, but rather strengthen your stamina with each victory. If you move forward slowly, you will succeed. Moving forward quickly is difficult.

What factors weaken our self-esteem during periods of growth and change?

1. When basic needs are not adequately met.
2. When our feelings are constantly denied or ignored.
3. When we are ridiculed or humiliated.
4. We are asked to display characteristics that are different from our true selves in order to impress others or meet the needs of those around us and we are forced to engage in inappropriate activities.
5. When we are unfavorably compared with others.
6. We are given the feeling that our ideas or beliefs are irrelevant or not important.
7. They deprive us of reasonable and logical explanations.
8. We have received too much support.
9. We have been punished too much.

Fourteen steps to become a more self-reliant and self-respecting person

1. Know your strengths and weaknesses and set your goals based on them.
2. Determine what you value, what you believe in and what you really want your life to be like.
3. Analyze yourself by reviewing your past, finding the lines of continuity and decisions that have brought you to where you are today. Understand and forgive those who have hurt and you refused to help you when they could have. Forgive past troubles. Bury all your negative memories after extracting any constructive value they may have. The bad past only lives on your mind as long as you allow it to. Issue an immediate eviction order; but rent out your mental space to memories of past successes, however small.
4. Mistakes and shame have no value in shaping your behavior towards positive goals, so don't allow yourself to surrender to them.
5. Search for the reasons for your behaviors in the physical, social, economic, political aspects and your current situation, not in your own character flaws.
6. Remind yourself that there are different opinions about everything that happens. This article enables you to be more patient in your own conclusions about the intentions of others and to be more creative in eliminating factors that may seem to cause you to be rejected or let down.
7. Never say anything bad about yourself; especially never attribute irreversible negative qualities like "loser", "ugly", "uncreative", "defeated" and "incorrigible" to yourself.

8. Accept feedback and constructive comments from others if they are helpful.
9. Remember, sometimes failure and disappointment are blessings in disguise, telling you that your goals weren't right for you or that the effort wasn't worth it and that you can avoid a bigger failure later.
10. Avoid people, jobs and situations that make you feel uncomfortable. If you can't change.
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12. them or yourself in a way that makes you feel more valuable, just walk past them. Life is too short to waste time on things that bring us down.
13. Set aside time to rest, reflect, listen to yourself, enjoy hobbies and activities you can do alone so you can connect with yourself.
14. Turn yourself into a social being through practice. Enjoy feeling the energy that other people transmit. Imagine their fears and insecurities and think about how you can help them. Determine what you want from them and what you have to offer them. Then let them know that you are ready and willing to share.
15. Set long-term goals in your life that are accompanied by very specific short-term goals. Choose realistic means to achieve these smaller goals. Evaluate your progress regularly and be your own best incentive.
16. You are not a being to whom only bad things happen, a passive and insignificant being who, like a garden snail, hopes to escape being crushed underfoot. You are the culmination of millions of years of human evolution, the dreams of humanity and a sign of the power of God.
17. You can change the direction of your life at any moment.