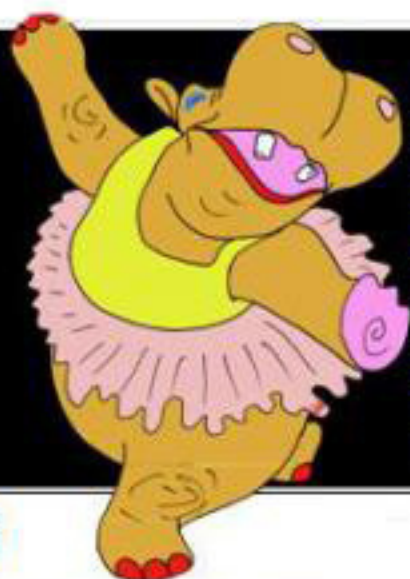


A FREE seminar...

Building Self Esteem & Confidence



Copyright Illustration

with Lionel Hartley, PhD

A practical program of coping skills for men, women, and children who are held back by a low self esteem, using achievable confidence & assertiveness training.

Program Highlights:

- The Fourteen Definitions of Self Esteem
- Self Esteem Vs Self Concept or Self Image
- Ten Building Blocks for Self Esteem
- My Personal Bill of Rights
- Personal Qualities Inventory,
- Building a Confidence Kit.



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Wheelchair-friendly venue

Seminar Building Self Esteem & Confidence



A practical programme of coping skills for men, women, and children who are held back by a low self esteem, using achievable confidence & assertiveness training.

Written and Illustrated by Lionel Hartley ©2000

Building Self Esteem & Confidence

with Lionel Hartley, PhD



TRANSCRIPT

Hold up a \$5 banknote.

Ask, “Who would like this \$20 bill?”

Wait for response

“I am going to give this \$20 to one of you but first, let me do this.”

Crumple the twenty-dollar bill up. Then asked, “Who still wants it?”

“Well, what if I do this?” Drop it on the ground and grind it into the floor with your shoe.

Picked it up, now all crumpled and dirty.

“Now who still wants it?”

Wait for response

“My friends, you have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20.”

“Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make, the things people say, and the circumstances that come our way.

We feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless.

Wilhelmina Stitch wrote:

(Silver Linings, Methuen, London, 1947 p6) You cannot sing? Well, others can. You cannot dance? But others do. And ever since the world began there have been certain folk like you who cannot dance, and cannot sing, nor weave a play nor write a book. But you can sew? Most anything? And you are quite an expert as a cook? And you can draw a little bit, amuse your friends with pen and ink? You make folk laugh - this you admit. You have a lot of gifts, I think. Oh, foolish one, to sigh and fret because you're not as some folk are. Suppose a plant of mignonette withered because 'twas not a star! Be what you are, dear girl (dear boy/dear friend), with pride. Accept your limits with good grace; the world is varied, very wide; for each of us there is a place. Within your sphere be quite content, be proud of work that is your own, and to life's complex instrument with sweetness add your mite of tone.

Definitions. What is self esteem? In very general terms, I define self esteem as *A respect for and belief in oneself.*

You have a handout entitled How would you define self esteem?

There are fourteen definitions listed there.

Check any box you feel helps define what self-esteem means to you. Check more than one if you feel they also apply.

For me, self-esteem means:

1. Believing in myself and my self-worth.
2. The ability to see my place in the world realistically and optimistically.
3. A confidence in my abilities to make changes and meet life's challenges head-on.
4. A capacity for understanding my character weaknesses and working toward self-improvement of specific weaknesses.
5. A knowledge of self and acceptance of that knowledge.
6. The ability to recognise my individual uniqueness and take pride in things that make "me" unique.

7. A belief in my self-worth. A healthy admiration of my abilities.
8. A belief in what I can do. A positive outlook and confidence to try something new.
9. The ability to assess and apply my skills in a positive and optimistic manner.
10. Understanding that I am of value to myself and others, regardless of the situation.
11. Knowing who I am: what I can do and how to project this knowledge.
12. A love of self, regardless of any specific performance.
13. Liking myself, respecting myself, and being willing to risk and fail at things.
14. Accepting who I am and having the courage and strength to design my life the way I want it to be.

How many listed (select some definitions at random)?

Actually they are all appropriate definitions of self esteem.

Self Esteem Vs Self concept or Self image

“The “me” consists of two parts. The SELF-IMAGE is the descriptive part - the sort of person we think we are. SELF-ESTEEM is a measure of how favourably we regard ourselves.” (Michael Argyle and Peter Trower, Person to Person: Ways of Communicating, Multimedia Publications Inc, Holland 1979, p64)

Self worth cannot be verified by others. You are worthy because you say it is so. If you depend on others for your value it is other-worth. (Dr Wayne W Dwyer Your Erroneous Zones, phere Books, London, 1976, p38)

Needing someone else’s approval is tantamount to saying,

“Your view of me is more important than my own opinion of myself.”

Francois Rabelais said, So much is a man worth as he esteems himself. To which I would add, If you really put a small value upon yourself, rest assured that the world will not raise your price.

Even though our self worth is not based on what others say about us, our esteem is developed because we are social creatures within a context. the overlapping circles represent the spheres which influence how we feel about ourselves.

You have a handout which shows this diagrammatically.

You have two other handouts, *Who Are You*, and *Why I Am What I Am*.

On the first handout there are three questions for you to answer at home.

The first, Who am I?, pertains to your sense of being.

The second, What am I?, pertains to your sense believing.

The third, Why am I?, pertains to your sense becoming.

And the other handout on Why am I?, pertains to your sense of belonging which affects your behaving

A number of years ago I was engaged in one of my favourite pastimes. Now some of you may think me a little strange when I confess this, but one thing I enjoy when I am feeling tired but wish to read is to pick up and read a dictionary.

It was during one such reading when I was up to the letter “F” that I read what I later found to be the longest word in the 1976 edition of the Concise Oxford Dictionary.

The word is **floccinaucinihilipilification**, which, for such an impressive word has the humble meaning, “the act or habit of estimating as worthless”.

Actually, we when we lower our self esteem we floccinaucinihilipilificatify ourselves!

Today we will be looking at a number of ways to reverse the floccinaucinihilipilification process.

Montaigne said, The greatest thing in the world is to know how to be oneself.

So we will start with helping ourselves (This is Gaining Self Esteem - helping others is Giving Self Esteem)

Honesty

Anne Wilson Schaef said, Our lack of self-confidence mostly comes from trying to be someone we aren't. No wonder we do not feel confident when we are living a lie. People who are cocky don't know what they have to offer.

(Cited in Gael Lindenfield, Confident Children: A Parent's Guide to Helping Children Feel Good About Themselves, Thorsons (Harper Collins), Glasgow 1994. p95)

Nelson Mandela, in his 1994 Inaugural Speech said, Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure... Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel secure about you. We were born to manifest the glory of God that is within us. It's not just in some of us. It's in everyone!

When you cannot get a compliment any other way, pay yourself one. - Mark Twain

Lionel

Refuse to play Power Games

Hartley,
*Confidence
Building,*
Philadelphia
Publications,
NSW, 1989

Power Games - any attempt, by one considered to be in a superior position to reinforce their superiority by demeaning those under him (her).

When Melissa agreed to meet a client at his hotel room, the man greeted her at the door, wearing only a towel, and gestured her to come in and be seated on his unmade bed. “The whole situation reeked of a power play,” Melissa recalls. But she simply said: “I expected you to be ready for our meeting. I’ll come back in 20 minutes when you’re dressed.” When she returned, the man was fully clothed - and apologetic.

Certain power games are covered by Anti-discrimination laws, but if you are armed to avoid such games you won’t need to resort to litigation.

Here are some examples of responses to power game questions asked in an hypothetical job interview. You avoid playing the power game when you respond confidently and positively.

“I bet you’d hate to fire someone, even if your life depended on it.”

“If my job depended on it, I would.”

“Would you mind making coffee or supplying the office flowers?”

“I’m sure everyone in the office wouldn’t mind taking a turn.”

“Who’ll prepare the children’s meals when you’re not there?”

“My children are too smart to starve just because I’m busy.”

“Would your husband mind If you earn more money than he does?”

“He’d think it was great - we could afford a new car.”

In the same way that a mirror can help you improve your physical appearance, mannerisms, and facial expressions, rehearsing conversations on a cassette tape (and listening to it an hour later) can help you evaluate the quality of your voice, the speed at which you speak, the number of pauses, and whether you have spoken positively.

Another power game that people expect you to play is interrupting you when you are talking. One lady told me she has overcome this by using the person’s name: “Maggie, I’d like to finish my sentence,” or, “I know you disagree with me, Egbert, but I’d like to have my say.”

One of the main reasons people find it hard to be assertive is that they have difficulty in accepting that they have personal rights.

For example, I have a right to:

Gael

Lindenfield, ¥ Ask for what I want - even though people might say
Confident “no”

Children,

Harper ¥ Ask for help - even if people seem too busy or don't
Collins, want to help

Glasgow

1994. p133 ¥ Have ideas - even if people think they are silly

¥ Feel my feelings - even when people say I shouldn't
have those feelings

¥ Make mistakes - especially when I have tried my best

¥ Try and try again - even if some people may think I
can't do it

¥ Change my mind sometimes - even when people think
I shouldn't

¥ Have some secrets - even when some people think I
should tell them or show them everything

¥ Choose to be alone sometimes - even if everybody else
is with someone

¥ Say “no” sometimes - especially to strangers and
bullies

¥ Complain when it's not fair - even though I may still
have to do it, or not do it

¥ Be proud when I do well - even though some people may be upset because I did better than them.

Associate with mentors

George Washington is reputed to have said, Associate yourself with those of good quality if you esteem your own reputation; for it is better to be alone than in bad company.

Think Dignity

Many years ago I shared consulting rooms with a colleague that some of you may know, Doctor Merlene Spear. Once when we were discussing the topic of self esteem, she related how that on her first day in medical practice that she felt well qualified academically and yet was quite timid of meeting the patients. Her mentor gave her this advice, “Doctor Merlene, you’ll never be a Doctor until you think as a Doctor”

Appropriate Attitudes

1. Indifference

We do better from one of two reasons, inspiration or desperation

Key - Put everything you’ve got into everything you do.

Gill Stern in the Wall Street Journal said, Pity the people who have no opinion for they shall go through life without a bumper sticker.

We live in a country where we have a protected right to opinions.

A speaker was conversing to a group of people from different nationalities. He asked the question, “What is your opinion of the shortage of pork in Poland?”

In reply an American asked, ‘What is a ‘shortage’?’, a Polish speaker asked, “What is ‘pork’?”, and a Russian asked, “What is an ‘opinion’?”

Indifference is an inappropriate attitude.

2. Indecision or Mental paralysis

Key - Don’t see how many decisions you can get out of; see how many you can get into. Indecision is the greatest thief of opportunity.

Strong reasons make strong actions. Good decision making is made possible by experience which comes from making bad decisions.

3. Doubt.

Become a believer in God, a believer in others and a believer in yourself

If you choose to doubt, make sure that it teaches you something. Wilson Mizner said, I respect faith, but doubt is what gets you an education.

The best thing we can learn from doubt is trust.

When you say, “I can do it” and believe that you can,
then you are half way to having achieved it already.

Alfred Lord Tennyson put it this way,

“He was not all unhappy, His resolve
Upbore him, and firm faith, and evermore
Prayer from a Living source within the will,
And beating up thro~ all the bitter world,
Like fountains of sweet water in the sea,
Kept him a living soul.”

Faith must be exercised, as these lines by Emily
Dickinson, written in the late 1880s testify:

Faith is a fine invention
For gentlemen who see;
But microscopes are prudent
In an emergency!

4. Worry.

The great killer of dreams and futures

We worry about things that never happen

We worry about things that are in the past

We worry about health

We worry about petty worries

We rarely ask if the worries are real and legitimate

5. Over-caution

The timid approach to life, yet all life is risky

Key - It's not important how long you live but how you live. It's less important when you die as how you live.

6. Pessimism:

Always looking on the bad side.

Mark Twain said, there is no sadder sight than a young pessimist.

The opposite, optimism, is looking for the best in every situation. Like the man who fell out of an aeroplane and halfway down exclaimed, "Well, so far so good!"

7. Complaining:

Spiritual, Economic, Social cancer

Psalm 39:1 in the Living Bible says, "I'm going to quit complaining. I'll keep quiet, especially when the ungodly are around me."

D L Moody had cause to complain once about someone's lack of action in a certain matter. He phrased his complaint this way, "I prefer the way I do it to the way you don't do it!"

Maybe instead of complaining when we don't get what we want, we should be grateful we don't get what we deserve.

8. Procrastination

Always put off 'til tomorrow what you shouldn't do at all. At the Hotel Caravel in Spain, the following notice, in English, was provided to patrons. "Our staff will be happy to supply you with stamps, postcards or any other information you may require. We would ask you to contact the staff before immediately, if you should have any problem regarding the hotel and its services, so that we may do everything possible to make you stay a happy satisfaction one. Please don't wait until last minutes as then it is will too late be to arrange any inconveniences.

Sometimes procrastination is dictated. During the Queen's visit to Turkey in 1971, Stephen Begley was serving on board HMS Hermione, escort ship to the royal yacht Britannia.

Both ships were anchored close together in Istanbul harbour and whenever the Queen was due to go ashore, orders forbade any members of Hermione's crew to appear on the upper deck.

Stephen recalled that one evening the Queen was scheduled to disembark just as the sunset flag-lowering ceremony was due to take place, and the officer in charge faced a dilemma: should he start the ceremony or wait for Her Majesty to go ashore?

His problem was solved when the following message was piped over the PA system: "Tonight the sun will set ten minutes later than usual."

9. Negative talk

If we use put-downs often enough, we come to believe it ourselves.

A favourite limerick of Woodrow Wilson was written by Anthony Euwer who described himself this way,

As a beauty I am not a star
There are many others more handsom by far,
But my face, I don't mind it,
For I am behind it.
It's the people in front get the jar.

Here are a few examples of negative things people say about themselves:

“I looked up my family tree and found out I was the sap.”

“When I was born, the doctor came out to the waiting room and said to my father, I'm very sorry. We did everything we could but still he pulled through.”

“One look at me and my mother had morning sickness after I was born.”

“My mother never breast fed me. She told me that she only liked me as a friend.”

“My father prefers to carry around the picture of the kid who came with his wallet.”

“When I played in the sandbox the cat kept covering me up.”

“I could tell that my parents hated me. My bath toys were a toaster and a radio.”

“One year they wanted to use a photo of my ugly face on a poster for birth control.”

“My uncle’s dying wish was to have me sitting on his lap. He was in the electric chair at the time.”

“I went to a freak show and they let me in for nothing.”

“I remember I was so depressed I was going to jump out a window on the tenth floor - so they sent a priest up to talk to me. He said, On your mark...”

“I have so many pimples that after I fell asleep in a library I woke up to find that a blind man was trying to read my face.”

“My wife made me join a bridge club in the hopes that I might jump off”

“I met the surgeon general. I’m so ugly that he offered me a cigarette!”

“I went to massage parlour. One look at me and they told me it was self service.”

“I went to see my doctor and I told him, ‘Doctor, every morning when I get up and look in the mirror, I feel like

throwing up; what's wrong with me?' He said, 'I don't know but your eyesight is perfect'"

OPTIONAL

**Activities # 1 and 2.
Discuss the various ways
we use our voices to effect.**

Here are a few examples of negative things people say about others:

“She was known as a two bagger. That's when she is so ugly that you put a bag over your head in case the bag over her head breaks”

Another may say, “I knew a girl that was so ugly that when I bent down to pet her cat I found that it was only the hair on her legs.”

Or another may brag, “I knew a guy that was so ugly that when I took him to a dog show he won first prize.”

Or perhaps, “Her lips are like petals - bicycle pedals.

He has a face like a saint - a saint Bernard!

When I am with her time stands still because her face stops every clock.”

United Auto Workers leader Leonard Woodcock, confessing an error during certain negotiations, declared, “I had forgotten some of my early organising experience. And that is, when you indulge in inflammatory rhetoric, you delight the people who are with you in the first place; you offend the people who are against you; and you tend to alienate some of those in the middle whom you have to convince in order to win.”

As opposed to negative talk, we can reverse the floccinauci-nihilipilification process by injecting humour into the situation.

This is not humour against our selves but against the situation.

Liz Carpenter, a White House staff member during the Johnson administration had written a book and was basking in the compliments of her peers when historian Arthur M. Schlesinger Jnr., (who’d been President Kennedy’s aide) walked up and said, “I like your book, Liz. Who wrote it for you?” Not missing a beat she replied: ‘I’m glad you like it, Arthur. Who read it to you?’”

10. Giving up.

There is only one thing worse than falling down and that is not getting up again. The only real failure is the behaviour of the person who fails to try again.

Try new things *within* your known limitations

Herman Melville said, It is better to fail in originality than to succeed in imitation.

Try new things *beyond* your known limitations

Robert Browning penned, "... a man's reach should exceed his grasp, or what's a heaven for?"

Be content

A young negro once wrote the following graffiti: I know I'm special because God don't make junk

Ralph Waldo Emerson said, Make the most of yourself, for that is all there is of you.

Malcolm James McLeod said,

Keep your heart free from hate,
Your mind free from worry,
Live simply;
Expect little, give much;
Sing often, pray always;
Fill your life with love,
Scatter sunshine, forget self;
Think of others;
Do as you would be done by.
These are the tried links
In contentment's golden chain.

Contentment is not found in fashion fads. “Motivational Psychology Researcher E B Hurlock found that 49% of women and 20% of men would follow a fashion in order to appear equal to their social superiors, and about 50% said they dropped a style when their social inferiors adopted it.” (*E B Hurlock, Motivation in Fashion, Archives of Psychology, 1929, Number 111, Pp1-72, cited in Michael Argyle and Peter Trower, Person to Person: Ways of Communicating, Multimedia Publications Inc, Holland 1979, p75*)

One of the greatest examples of the power in contentment comes from the pen of the great hymn writer Francis Crosby. Fanny Crosby (as she was known) was blind and yet composed the most beautiful hymns. When she was about 8 year old she wrote:

“Oh, what a happy soul am I!
Although I cannot see,
I am resolved that in this world
Contented I will be;
How many blessings I enjoy
That other people don't!
To weep and sigh because I'm blind
I cannot, and I won't!”

(*Cited in E E White, Singing With Understanding, Signs Publishing, Warburton, 1981, p463*)

Build yourself a Confidence Kit

You have a handout entitled a Qualities Assessment Sheet.

This lists almost 400 common qualities, some positive, others negative.

Use this list to help you to:

1. List your good points

This stocktaking could include your youth, experience, training, physical presentation, organisational skills acknowledged in the past, cooking ability, motherly skills, your potential. If you are a home-maker, this sample list might help:

I am young and reasonably attractive.

I've been a good organiser on the home front.

I buy sensibly.

I can make my own clothes and the children's clothes.

People tell me I have a nice voice.

My former boss told me I was a conscientious worker.

I have good handwriting.

2. Write down an equal number of your “bad” points

Do this when you have no interruptions and you feel ready. The cold reality of writing them down will give you a better chance to weigh them up.

Don't exaggerate your bad points. Many people do in everyday life as a way of protecting themselves against trying something new.

3. Decide how you want to change

Evaluate your good points and bad. Refer back to your Qualities Assessment Sheet

4. Set yourself a small test

Choose a task you know you can do with people or situations you know well, for example, speaking assertively and politely but firmly to your greengrocer, or bus conductor.

Improve your appearance, hold yourself straight, use a positive tone and make positive statements.

5. Tackle a more difficult test

Go on a fact-finding mission about goods for which you have no immediate need, but may be thinking about buying later.

Choose a shopping outlet off your beaten track.

Vary your appearance to learn what presentation is suitable.

If you usually go to the corner store wearing hair rollers, apron, slippers and clutching a money purse, change into a smart skirt and blouse, a “going-out” pair of shoes, and add a jacket and a handbag for the trip.

You’ll find you may not want to revert to the first outfit.

6. Give yourself a reward

When you have achieved a goal, indulge yourself by playing your favourite music, or having a break for hot chocolate or after-dinner mints.

7. Share your achievement

Say to someone who means a lot to you: “As a way of building confidence, I have done this. (And describe it to them).

Because this is such an important part of your confidence kit, avoid telling someone whom you think might not understand.

8. Evaluate your progress

In a quiet, relaxed time at home, sit down, close your eyes and think back on a situation where you were not able to achieve what you wanted because you lacked confidence.

Next, think how you would handle the same situation now, using your new practised experiences.

9. Set yourself a bigger task

Perhaps it is time to try for a job you'd like. Ask yourself if it is really suited to your abilities. Check your list of assets. When the day comes rehearse the situation at home mentally and out loud.

Don't give up hope because of small pangs of anxiety. Everyone is anxious when applying for a job. Don't blame the lousy circumstances, create your own!

In 1893, George Bernard Shaw said, People are always blaming the circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.

10. Continue practising.

Try your confidence exercises in all aspects of your life, including the home. Continue to look for new situations and new people with whom you can share your confidence building adventure.

You have come a long way when you can say to someone that you have always hesitated to approach: "I'm practising being confident - will you help?"

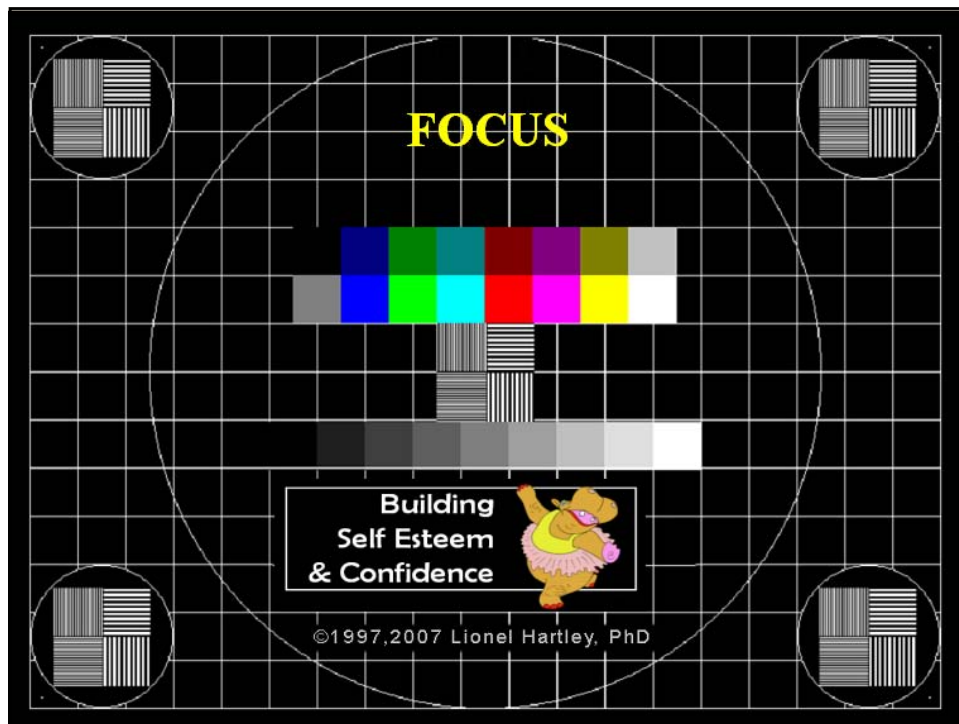
True romance is the art of making someone feel special.
For this reason we want to channel some of our energy
into helping others (Giving Self Esteem)

The radio broadcast *One Hundred Tools for Building
Self Esteem* will help you to help others. Available for
free download from the Podcasts page on
www.lrhartley.com

See also our seminar “Building Self Esteem in Children”

Question Time.






Welcome to **Building
Self Esteem
& Confidence**

www.lrhartley.com/selfesteem

A practical programme of coping skills for men, women, and children who are held back by a low self esteem, using achievable confidence & assertiveness training.





Who is your speaker for today?



April 1965 - April 2015

Lionel Hartley, author, radio broadcaster, public speaker and retired sociologist.

He was a Lifestyle Educator and Family-life Counsellor for three decades.

He is a grandparent, married to Rosemary with three grown children.

Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt), DipTheol (SDB), RGN (Psy, PsyPaed, Admin, Nutn), Dip Bus Law, Dip Econ, Dip Accy, BA (Lit), MA, PhD [etc.]

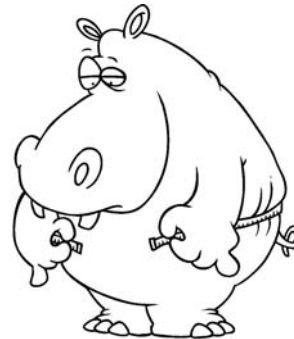
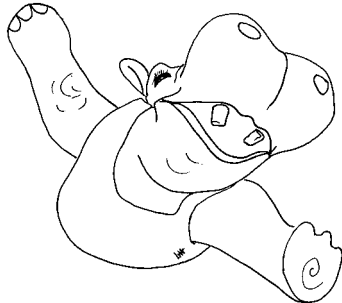
www.hartleyonline.blogspot.com

**We welcome your participation in today's seminar.
Time will be allowed at the end for your questions.**



Self Esteem Vs Self Image

- **SELF-IMAGE** is the **descriptor** of the sort of person we think we are
- **SELF-ESTEEM** is the **measure** of how favourably we regard ourselves

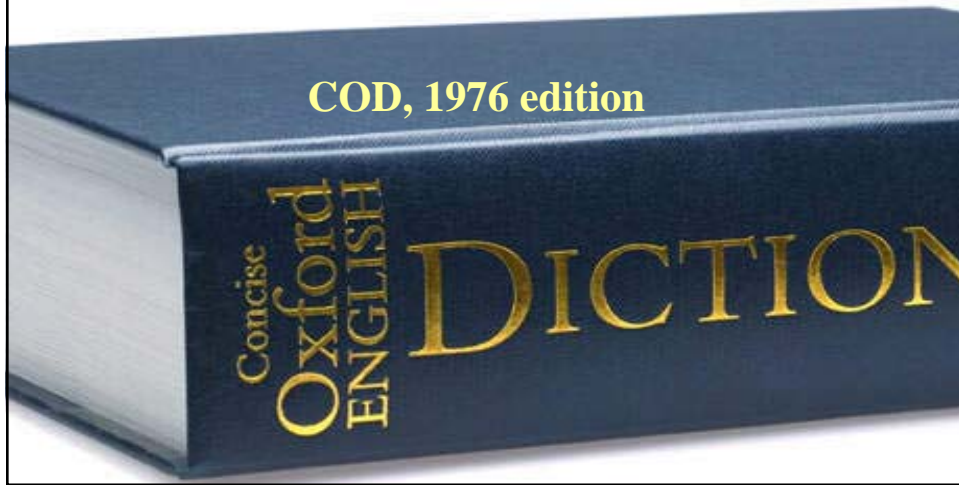




Gaining Self Esteem

Floccinaucinihilipilification

COD, 1976 edition



Gaining Self Esteem

- Helping Ourselves: **Gaining**
- Helping Others: **Giving**



Blocks for Building Self Esteem



Gaining Self Esteem

- Building Block # 1



Honesty



Gaining Self Esteem

- Building Block # 2



Refuse to play "Power Games"





Gaining Self Esteem



- Building Block # 3



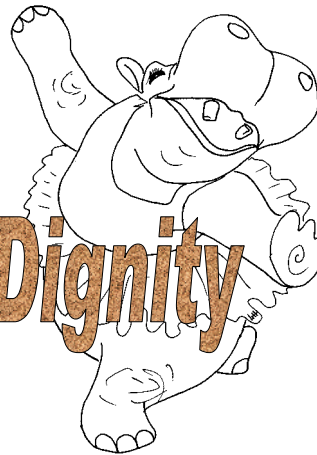
Associate with Mentors



Gaining Self Esteem



- Building Block # 4



Think Dignity



Gaining Self Esteem



- Building Block # 5



Appropriate Attitudes



Appropriate Attitudes

1. Indifference
2. Indecision
3. Doubt
4. Worry
5. Over-caution
6. Pessimism
7. Complaining
8. Procrastination





Appropriate Attitudes

1. Indifference
2. Indecision
3. Doubt
4. Worry
5. Over-caution
6. Pessimism
7. Complaining
8. Procrastination



9. Negative Talk

10. Giving up.



Gaining Self Esteem

- Building Block # 6



*Try new things
within your known limitations*



Gaining Self Esteem



- Building Block # 7

*Try new things
beyond your known limitations*

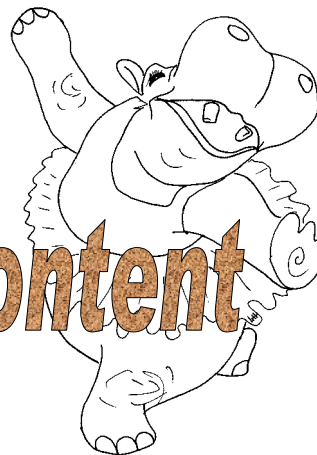


Gaining Self Esteem



- Building Block # 8

Be content





Gaining Self Esteem

- Building Block # 9



Your Confidence Kit



Your Confidence Kit

1. List your good points
2. Write down an equal number of “bad” points
3. Decide how you want to change
4. Set yourself a small test
5. Tackle a more difficult test
6. Give yourself a reward
7. Share your achievement
8. Evaluate your progress
9. Set yourself a bigger task
10. Continue practising





QUESTION TIME





Expressions of Self Esteem

Your child's Self Esteem...

Signs of positive self-esteem

- A loving nature-accepting of others
- Confidence-willing to try new things
- Generosity-willing to share
- Success in school-attentive, questioning and social
- The ability to develop lasting relationships
- Individuality
- Willingness to lead or follow
- Tolerant of others viewpoints and differences



Expressions of Self Esteem

Signs of low self-esteem

- Lacks self-confidence
- Lacks self-respect
- Insecure about trying new things
- Underachievement in school
- Avoids others and spends too much time alone
- Allows oneself to be picked on
- Acts out to get attention
- Exhibits rude, disrespectful, or delinquent behavior
- Overly fearful
- Develops eating disorders
- Uses alcohol or drugs
- Poor sleeping habits
- Easily frustrated
- Depression





How you can help


Parents are the single greatest influence on their children's self-esteem.



- Catch your child being good
- Give your undivided attention
- Keep expectations realistic
- Create a safe, nurturing home environment
- Choose your words carefully
- Offer choices
- Do good deeds



Building Self Esteem & Confidence



Workshop



26 Building Self Esteem & Confidence  www.lrhartley.com/selfesteem

Workshop

Building Self Esteem and Confidence  **Workshop Activity Sheet**
www.lrhartley.com/selfesteem



27 Building Self Esteem & Confidence www.lrhartley.com/selfesteem **Workshop**

Building Self Esteem and Confidence



Workshop Activity "God's Love for Me?"

www.lrhartley.com/selfesteem



Look at yourself in the mirror or look at a photograph of you.

Look at that person as someone whom God loves.

What is there about you that makes Him love you?

What is there about Him that makes Him love you?

Write a letter to yourself telling why He loves you.




28 Building Self Esteem & Confidence www.lrhartley.com/selfesteem **Workshop**

Workshop Activity "I am like a _____"

Working individually, draw yourself as an animal that you believe has similar characteristics to you. Do not write your name on the page nor anything about the animal. Fold the page in half to ensure confidentiality and it will be collected.

www.lrhartley.com/selfesteem

Each person will then be given someone-else's drawing (if you get your own back, say so!) **On the page, you now list all the good things that you can think of about that animal.** It is important only positive things are listed.






Building Self Esteem and Confidence



Workshop Activity "Blowing My Trumpet"

www.lhartley.com/selfesteem

"Blowing My Trumpet" Workshop Activity Instructions:

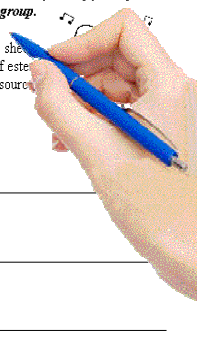
Complete the statements below. If you cannot answer an item, don't worry - simply complete what you can. *If asked, share one thing from your list with the group.*

Keep your completed "Blowing My Trumpet" Workshop Activity sheet handy. The next time you're feeling low self esteem and need a self esteem boost, read your activity sheet and be reminded of your natural resources and personal power.

1. I like myself because

2. I'm an expert at

3. I feel good about



Building Self Esteem and Confidence



Workshop Activity "Interview"

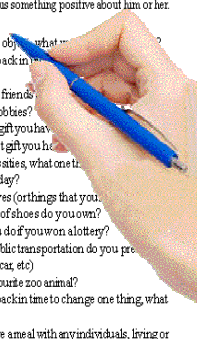
www.lhartley.com/selfesteem

Facing an interview is one of the best ways to increase self-confidence and communication skills. In this activity, we will form pairs and interview each other. You will be set a time limit and below are some suggestions of possible questions to ask (cross them off as you ask them and take notes on page 2 of this activity sheet). After the interview, some interviewees will be invited to introduce the person they interviewed in front of everyone and tell us something positive about him or her.

Getting-to-know-you question suggestions

- What is your full name?
- What suburb or district do you live in?
- Who is your favourite hero?
- If you could live anywhere, where would it be?
- What is your biggest fear?
- What is your favourite family vacation?
- What would you change about yourself if you could?
- What really makes you angry?
- What motivates you to work hard?
- What is your favourite thing about your career?
- What is your biggest complaint about your job?
- What is your proudest accomplishment?
- What is your child's proudest accomplishment?
- What is your favourite book to read?
- What makes you laugh the most?
- What was the last movie you went to? What did you think?
- When you were small, what did you want to be when

- gated island?
- If money was no object, what would you do?
- If you could go back in time, when would you travel to?
- How would your friends describe you?
- What are your hobbies?
- What is the best gift you have ever received?
- What is the worst gift you have ever received?
- Aside from necessities, what one thing could you go without for a day?
- List two pet peeves (or things that you dislike).
- How many pairs of shoes do you own?
- What would you do if you won a lottery?
- What form of public transportation do you prefer (boat, train, bus, car, etc)?
- What is your favourite zoo animal?
- If you could go back in time to change one thing, what would it be?
- If you could share a meal with any individuals, living or



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Building Self Esteem and Confidence



Workshop Activity "Recipe"

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In order to raise our own self-esteem, it is important that we are aware of what self-esteem is. In our seminar we talked about self-esteem and confidence and different self-esteem building activities. In this activity, you presenter wants you to write down what is the best recipe, according to what you have learned, for good self-esteem. Write this like you would write a recipe for a food item. List out the ingredients and provide the directions. Allow this to engage your mind and force you to think about how you can better your own self-esteem.

Ingredients

Directions



32 Building Self Esteem & Confidence  **Activity timer**
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COACH

GOALS



TEAM

Workshop



SUCCESS



RESULTS

PROGRESS



IDEA

MOTIVATION






***Thank you
for coming.***

*Please remember to hand in
your completed survey forms.*





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Who Am I in Christ?

I Am Significant

I am the salt and light of the earth (Matt 5:13,14); I am a branch of the true vine, a channel of His life (Jn 15:1,5); I have been chosen and appointed to bear fruit (Jn 15:16); I am a personal witness of Christ (Acts 1:8); I am God's temple (1 Cor 3:16); I am a minister of reconciliation for God; (2 Cor 5:17-21); I am God's co-worker (2 Cor 6:1, 1 Cor 3:9); I am seated with Christ in the heavenly realm (Eph 2:6); I am God's workmanship (Eph 2:10); I may approach God with freedom & confidence (Eph 3:12); I can do all things through Christ who strengthens me (Phil 4:13).

I Am Saved

I am God's child (Jn 1:12); I am Christ's friend (Jn 15:15); I have been justified (Rom 5:1); I am united with the Lord, and I am one spirit with Him (1 Cor 6:17); I have been bought with a price. (1 Cor

6:20, 7:23); I belong to God (1 Cor 6:20); I am a member of Christ's Body (1 Cor 12:27); I am a saint (Eph 1:1); I have been adopted as God's child (Eph 1:5); I have direct access to God through the Holy Spirit (Eph 2:18); I have



been redeemed and forgiven of all my sins (Col 1:14); I am complete in Christ (Col 2:10).

I Am Secure

I am free from condemnation (Rom 8: 1,2); I am assured that all things work together for good (Rom 8:28); I am free from any condemning charges against me (Rom 8:31-34); I cannot be separated from the love of God (Rom 8:35-39); I have been established, anointed and sealed by God (2 Cor 1:21,22); I am confident that the good work God has begun in me will be perfected (Phil 1:6); I am a citizen of heaven (Phil 3:20); I am hidden with Christ in God (Col 3:3); I have not been given a spirit of fear, but of power, love and a sound mind (2 Tim 1:7); I can always find grace and mercy in time of need (Heb 4:16); I am born of God and therefore the evil one cannot touch me (1 Jn 5:18).

'Esteem' comes from a Latin word that means 'to estimate'.
 Self-esteem is how you estimate, or regard, yourself.
 We do not have to estimate how God regards us:
 "For I know the plans I have for you," declares the LORD,
 "plans to prosper you and not to harm you,
 plans to give you hope and a future."
 (Jeremiah 29:11 NIV)

Building Self Esteem and Confidence



I'm Special

I'm Special

In all the world there is nobody like me. Since the beginning of time, there has never been another person like me. Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice.

I'm Special

No one can be found who has my handwriting. Nobody anywhere has my tastes for food or music or art. No one sees things just as I do. In all of time there's been no one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from any one else, ever. No one reacts to any situation just as I would react.

I'm Special

I'm the only one in all of creation who has my set of abilities. Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combination of talents, ideas, feelings and abilities. Like a room full of musical instruments, some may excel alone, but none can match the symphony sound when all are played together.

I'm a Symphony

Through all of eternity no one will ever look, talk, walk, think, or do like me.

I'm Special, I'm Rare

And, in all rarity, there is great value. Because of my great rare value, I need not attempt to imitate. I will accept - yes, celebrate - my differences.

I'm Special

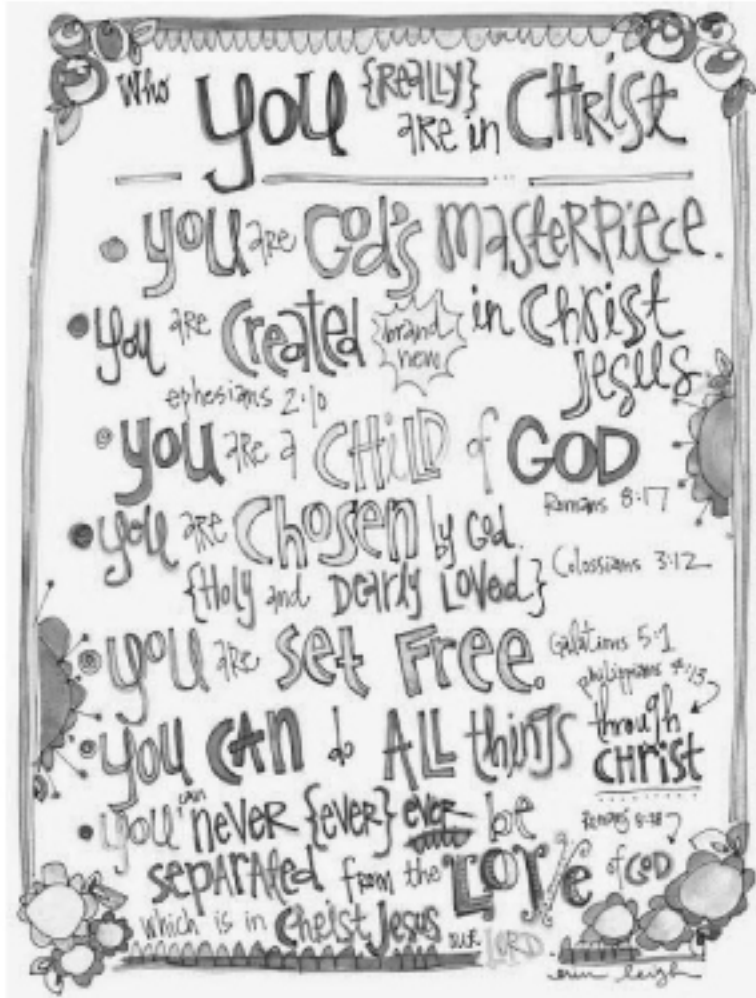
And I'm beginning to realize it's no accident that I'm special. I'm beginning to see that God made me special for a very special purpose. He must have a job for me that no one else can do as well as I. Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes. That one is me, because...

I'm Special

-Anonymous

The whole theory of the universe
is directed unerringly to one single
individual—namely to you.

-Walt Whitman



Self Esteem Seminar
www.lrhartley.com/seminars
"Who You {Really} Are in Christ"
Poster by Erin Leigh

Children learn what they live

If a child lives with criticism,
He learns to condemn.

If a child lives with hostility,
He learns to fight.

If a child lives with ridicule,
He learns to be shy.

If a child lives with shame,
He learns to feel guilty.

If a child lives with tolerance,
He learns to be patient.

If a child lives with encouragement,
He learns confidence.

If a child lives with praise,
He learns to appreciate.

If a child lives with fairness,
He learns justice.

If a child lives with security,
He learns to have faith.

If a child lives with approval,
He learns to like himself.

If a child lives with acceptance & friendship,
He learns to find love in the world.

Los niños aprenden por el ambiente en que viven

Si el niño vive en un ambiente de crítica,
Aprende a condenar.

Si el niño vive en un ambiente de hostilidad,
Aprende a pelear.

Si el niño vive en un ambiente de ridiculez,
Aprende a ser tímido.

Si el niño vive en un ambiente de vergüenza,
Aprende a sentirse culpable.

Si el niño vive en un ambiente de tolerancia,
Aprende a tener paciencia.

Si el niño vive en un ambiente de estímulo,
Aprende a tener confianza.

Si el niño vive en un ambiente de encomio,
Aprende a apreciar.

Si el niño vive en un ambiente de equidad,
Aprende a ser justo.

Si el niño vive en un ambiente de aprobación,
Aprende a estar en armonía con sí mismo.

Si el niño vive en un ambiente de aceptación y afecto,
Aprende a hallar cariño en el mundo.

Dorothy Law Nolte 1948

Qualities - What are the things that make you what you are?

Highlight the words that relate to who you are: your character, personality, temperament, intellect, and outlook on life.

- | | | | |
|------------------|--------------------------|--------------------|----------------------|
| 1. Above average | 51. Clever | 101. Entertaining | 151. Helpful |
| 2. Acceptable | 52. Clownish | 102. Enthralling | 152. Hilarious |
| 3. Accepting | 53. Comical | 103. Enthusiastic | 153. Honest |
| 4. Achieving | 54. Committed | 104. Especial | 154. Honourable |
| 5. Active | 55. Compassionate | 105. Esteemed | 155. Hottest |
| 6. Adept | 56. Confident | 106. Ethical | 156. Howling |
| 7. Admirable | 57. Congenial | 107. Excellent | 157. Humorous |
| 8. Adroit | 58. Conscientious | 108. Exceller | 158. Humourer |
| 9. Adventurous | 59. Considerate | 109. Excelling | 159. Humouring |
| 10. Aesthetic | 60. Cool | 110. Exceptional | 160. Imaginative |
| 11. Affectionate | 61. Co-operative | 111. Excessive | 161. Immobile |
| 12. Agreeable | 62. Corker | 112. Experienced | 162. Immovable |
| 13. All-rounder | 63. Cracking | 113. Expert | 163. Important |
| 14. Ambitious | 64. Crafty | 114. Expressive | 164. Impregnable |
| 15. Amusing | 65. Creative | 115. Extraordinary | 165. Incommensurable |
| 16. Angelic | 66. Cute | 116. Facetious | 166. Incomparable |
| 17. Appealing | 67. Dabster | 117. Fair-minded | 167. Indefatigable |
| 18. Appreciated | 68. Dandiest | 118. Faithful | 168. Independent |
| 19. Appreciative | 69. Dandy | 119. Fantastic | 169. Indulging |
| 20. Arousing | 70. Dazzling | 120. Farcical | 170. Insightful |
| 21. Articulate | 71. Dear | 121. Fashionable | 171. Intelligent |
| 22. Artistic | 72. Debonair | 122. Favourable | 172. Intuitive |
| 23. Assertive | 73. Dedicated | 123. Favourite | 173. Ironical |
| 24. Astronomical | 74. Delicate | 124. Finest | 174. Jester |
| 25. Attractive | 75. Delightful | 125. Foremost | 175. Jestng |
| 26. August | 76. Delighting | 126. Freshest | 176. Jocose |
| 27. Awakening | 77. Dependable | 127. Friendly | 177. Jocular |
| 28. Bantering | 78. Desirable | 128. Funny | 178. Jocund |
| 29. Beaut | 79. Determined | 129. Gallant | 179. Joking |
| 30. Beautiful | 80. Dextrous | 130. Gay | 180. Jolly |
| 31. Becoming | 81. Diplomatic | 131. Genius | 181. Jovial |
| 32. Beneficent | 82. Disciplined | 132. Gentle | 182. Joyful |
| 33. Beneficial | 83. Disporting/frivolous | 133. Genuine | 183. Joying |
| 34. Benevolent | 84. Distinctive | 134. Gifted | 184. Just |
| 35. Best | 85. Distinguished | 135. Glamorous | 185. Knowledgeable |
| 36. Bold | 86. Dreamy | 136. Good | 186. Larking |
| 37. Bonny | 87. Dynamic | 137. Good-looking | 187. Laureate |
| 38. Bonzer | 88. Eager | 138. Good-natured | 188. Liberal |
| 39. Bountiful | 89. Effective | 139. Gorgeous | 189. Likeable |
| 40. Bright | 90. Efficient | 140. Graceful | 190. Living |
| 41. Brilliant | 91. Elegant | 141. Gracious | 191. Logical |
| 42. Buffoonish | 92. Eminent | 142. Grand | 192. Lordly |
| 43. Capital | 93. Empathetic | 143. Gratifying | 193. Lovely |
| 44. Caring | 94. Enchanting | 144. Great | 194. Ludicrous |
| 45. Cavorting | 95. Encouraging | 145. Greatest | 195. Magnificent |
| 46. Champion | 96. Endearing | 146. Groovy | 196. Majestic |
| 47. Charismatic | 97. Endowed | 147. Handsome | 197. Major |
| 48. Charming | 98. Energetic | 148. Handy | 198. Marvellous |
| 49. Cheerful | 99. Enrapturing | 149. Happy | 199. Master |
| 50. Classic | 100. Enterprising | 150. Healthiest | 200. Masterful |

.../Continued

201. Matchless	251. Prima donna	301. Solidest	351. Unexceeded
202. Medallist	252. Prize-winning	302. Sound	352. Unexcelled
203. Merry	253. Prodigious	303. Special	353. Unique
204. Methodical	254. Productive	304. Specialist	354. Unparalleled
205. Miraculous	255. Professional	305. Spectacular	355. Unpretentious
206. Mirthful	256. Proficient	306. Splendent	356. Unrivalled
207. Mirth-giving	257. Prosperous	307. Splendid	357. Unshakeable
208. Moral	258. Quaint	308. Spontaneous	358. Unsurpassable
209. Moving	259. Quick	309. Stately	359. Unsurpassed
210. Natty	260. Radiant	310. Steady	360. Unsurpassed
211. Neat	261. Radiant	311. Sterling	361. Unwearied
212. Neatest	262. Rational	312. Stimulating	362. Upright
213. Nicest	263. Rattling	313. Strong	363. Uproarious
214. Nifty	264. Ravishing	314. Stupendous	364. Upstanding
215. Noble	265. Real	315. Stylish	365. Venerable
216. Objective	266. Realistic	316. Suave	366. Versatile
217. Olympian	267. Reassuring	317. Sublime	367. Very good
218. Open-handed	268. Receptive	318. Sublime	368. Veteran
219. Open-minded	269. Record-breaking	319. Super	369. Vigorous
220. Opportune	270. Redeeming	320. Superb	370. Virtuoso
221. Optimistic	271. Refined	321. Superior	371. Virtuous
222. Orderly	272. Religious	322. Supernatural	372. Waggish
223. Organised	273. Remarkable	323. Sweet	373. Warm
224. Original	274. Respectable	324. Sympathetic	374. Well versed
225. Oscar candidate	275. Respected	325. Talented	375. Well-favoured
226. Outgoing	276. Resplendent	326. Tantalising	376. Winsome
227. Outstanding	277. Responsive	327. Tasteful	377. Wise
228. Overindulging	278. Revered	328. Taunting	378. Witty
229. Paintable	279. Rewarding	329. Teasing	379. Wizard
230. Pampering	280. Richest	330. Terrific	380. Wonderful
231. Paragonical	281. Righteous	331. Thorough	381. Wondrous
232. Patient	282. Ripest	332. Thoughtful	382. Worthiest
233. Peachiest	283. Risible	333. Time-honoured	383. Worthy
234. Peachy	284. Ruthful	334. Tireless	384. Zany
235. Peerless	285. Satisfactory	335. Tolerant	385. Zealous
236. Perceptive	286. Satisfying	336. Tongue-in-cheek	386. _____
237. Perfect	287. Self-aware	337. Top quality	387. _____
238. Persistent	288. Self-confident	338. Tormenting	388. _____
239. Persuasive	289. Sensible	339. Tragicomic	389. _____
240. Phantasmagorical	290. Sensitive	340. Transcendental	390. _____
241. Phenomenal	291. Seriocomic	341. Transporting	391. _____
242. Pleasant	292. Serious	342. Treasured	392. _____
243. Pleasing	293. Shapely	343. Tremendous	393. _____
244. Pleasuring	294. Sidesplitting	344. Trusting	394. _____
245. Poised	295. Sincere	345. Trustworthy	395. _____
246. Polished	296. Singular	346. Trusty	396. _____
247. Practised	297. Skilful	347. Truthful	397. _____
248. Precise	298. Slapsticking	348. Unassailable	398. _____
249. Preternatural	299. Smashing	349. Unbelievable	399. _____
250. Pretty	300. Sociable	350. Unequaled	400. _____

Qualities Assessment Sheet by Lionel Hartley for Salubrity™ Seminars

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Building Self Esteem and Confidence



Self Esteem and the Menstrual Cycle

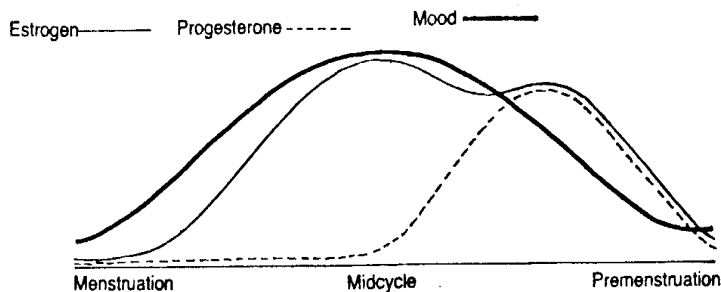
James Dobson, PhD

I would like to stress a fact understood by very few women: self esteem is often directly related to levels of the female hormone, oestrogen; moods fluctuate predictably through the twenty-eight-day menstrual cycle. The graph below will help explain this inter-relationship.

Normal Hormone Levels and Mood

In the normal menstrual cycle, oestrogen peaks at mid-cycle (ovulation). Both oestrogen and progesterone circulate during the second half of the cycle, falling off rapidly just prior to menstruation.

Moods change with the fluctuating hormone levels women feel the greatest self-esteem, and the least anxiety and hostility, at mid-cycle.



Notice that oestrogen levels are at their lowest point during menstruation at the left of the graph, as is the general "mood." The production of oestrogen increases day by day until it peaks near the time of ovulation at mid-cycle. That midpoint also happens to be the time of greatest emotional optimism and self-confidence. Then another hormone, progesterone, is produced during the second half of the cycle, bringing with it increasing tension, anxiety, and aggressiveness. Finally, the two hormones decrease during the premenstrual period, reducing the mood to its lowest point again. This regular fluctuation in emotions has been documented repeatedly by various researchers. For example, "*Ales Coppen and Neil Kessel studied 465 women and found that they were far more depressed and irritable before menstruation than at mid-cycle. This was true for neurotic, psychotic and normal women alike. Similarly, Natalie Sharness found the premenstrual phase associated with feelings of helplessness, anxiety, hostility and yearning for love. At menstruation, this tension and irritability eased, but depression often accompanied the relief, and lingered until oestrogen increased.*" (Psychology Today Magazine, February 1972)

Men Should Learn

The information provided above can be invaluable to a woman who wants to understand her own body and its impact on her emotions. Most important, she should interpret her feelings with caution and scepticism during her premenstrual period. If she can remember that the despair and sense of worthlessness are hormonally induced and have nothing to do with reality, she

can withstand the psychological nosedive more easily. She should have a little talk with herself every month, saying: "Even though I feel inadequate and inferior, I refuse to believe it. I know I'll feel differently in a few days, and it is ridiculous to let this get me down. Though the sky looks dark, I am seeing it through a distorted perception. My real problem is physical, not emotional, and it will soon improve!"

Women certainly wish their husbands understood these physiological factors which play such an important role in the female body. Having never experienced the same events, however, it is difficult for a man to comprehend the sluggish feeling which motivates his wife's snappy remarks and irritability during the premenstrual period. It would be extremely helpful if a husband would learn to anticipate his wife's menstrual period, recognizing the emotional changes which will probably accompany it. Of particular importance will be a need for affection and tenderness during this time, even though she may be rather unlovable for three or four days.

He should also avoid discussions of financial problems or other earthshaking topics until the internal storm has passed, and keep the home atmosphere as tranquil as possible. If his wife seems to be sinking into despair, he should give her the speech described for self interpretation in the previous paragraph. In summary, the "yearning for love" described by Natalie Sharness can only be satisfied by a sympathetic and knowledgeable husband who cares enough to support his wife during the periodic pressures within.

And What About Men?

Question: Is there a "male menopause" comparable to what you described for women?

Answer: This is a question with strong cultural overtones which have clouded the truth. Some members of the feminist movement apparently fear that female menopause will be used as an excuse to withhold positions of leadership from middle-aged women. Therefore, they stress the existence of a comparable "male menopause." While men do experience a climacteric which can be called menopausal, it is very different in origin and impact from that experienced by women. For men, the changes are not so related to hormonal alterations, but are more psychological in nature.

It is difficult for a man to face the fact that he will never reach the occupational goals that he set for himself ... that his youth is rapidly vanishing ... that he will soon be unattractive to the opposite sex ... that his earlier dreams of glory and power will never be realized. Some men who have achieved less than they hoped are devastated by the realization that life is slipping away from them. This, primarily, is the male menopause. Some individuals respond to it by seeking an affair with a young girl to prove their continued virility; others work harder and longer to overcome the inevitable; others become alcoholics; others enter into dramatic periods of depression. But even when the emotional impact is extreme, it is usually motivated from the man's evaluation of his outside world. These same influences agitate a woman, but she has an additional hormonal turmoil undermining her security from within. Other things being equal, the feminine variety is more difficult to endure, particularly if it remains untreated.

Building Self Esteem and Confidence



Home Making and Self Esteem

Robin Worthington

As a part-time housewife, I am concerned with the general climate of self-esteem among homemakers. So I watch how women describe themselves in a local Question Man newspaper column. One week the tally included these: human relationships coordinator; household engineer; consumer trends analyst; ethics adviser; director of youth activities.

My neighbour Sandy always writes "self-employed" on all forms requesting her occupation. "I'm thinking of adding 'endangered species,'" she says.

What all these women are saying is: "A little respect, if you please. What I do is important"

One serious mistake prevalent these days is the notion that if you aren't paid for your work in dollars, then what you do is not "real work." A more sensible yardstick, it seems to me, is that real work is any activity producing something of value for self and others.

Housewives do real work. Raising a family with love, creating a home atmosphere in which children and adults flourish, becoming an educated consumer—all this is real work.

Service performed out of love (and I don't mean the "see what I've done for you" whine of the martyr-mother) is a ministry before God, the Christian community, and—if they're paying attention—the homemaker's own family. If they're not paying attention, she might consider slipping a note into the evening Jell-O: Repent!

Meanwhile, rather than wait for the world to make up its mind regarding our worth, we need to nurture our own self-esteem as tenderly as we do the emotional health of our families.

For starters, it's nice to know that the Old Testament describes the strong, loving housewife as "far more precious than jewels" (Proverbs 31:10, RSV). That's better than being written off as a female who wears pink rollers in her hair and watches soap operas while both her mind and the washcloths mold. Yet the negative idea of "just a housewife" persists.

How do women combat this stereotype successfully? I've talked to scores of housewives, both full- and part-time homemakers, about the ways they keep their sense of self-worth perking along at medium to high.

One belief was repeated over and over: There is no such animal as the "typical housewife."

As the Swiss psychiatrist Carl Jung pointed out, even if you weigh every one of a pile of stones and come up with a statistical average, you still know nothing about the individual stone you hold in your hand.

Gloria, a high school friend, radiates contentment. "I just love my profession, being a housewife and raising six kids."

Joanne, enthusiastic about her daughters, her husband, her Girl Scout work, agrees. "I wouldn't trade this life for any paying job."

Temporary housewives

Other housewives, a growing number, consider themselves "temporaries." Kelly Girls in reverse, they've dropped out of the job market for several years to give their children all the attention of an at-home mother. Typical is Julia, 28, with one child in kindergarten, another in the playpen, and a stack of college re-entry literature on her coffee table.

"I never even considered working when the children are young," she says, "but I'm taking computer courses at night and eventually I want a career of my own."

Other women work outside the home part time, for satisfaction or from necessity. They lead "combination" lives, juggling as they go.

Reluctant housewives form yet another category. All things being equal, they would rather pursue careers as telephone line persons, biophysicists, or textile designers. All things, of course, are never equal. The woman who lacks immediate training (or the means to get it), child care, stamina, or transportation to a job is housebound until she can change her situation.

Or the reluctant housewife may have chosen more immediate and serious priorities over a career. My friend Susan, a gifted artist, has four children, one of them afflicted with Down's syndrome. Though Susan gets an occasional hour with her paintbrushes, she never finds the sustained creative time she needs to develop her own work. Instead she "car pools" to Greg's special school and participates in endless fund-raising drives. Often such a woman who didn't select housewifery "by choice" gives loving service in the deepest Gospel sense of losing one's own life to find it at another level. She particularly deserves support and encouragement for her fidelity to a difficult commitment. (We all know someone like this. When was the last time we told her, "You're doing a great job"?)

Ways to improve self esteem.

Returning to the question of a housewife's self-esteem, here are ways other women have found to maximise the rewards of housewifery and smooth the rough spots.

Treasure the satisfactions of service. Doing their best for their families is a major source of fulfilment for many women. My friend Sheila sums it up this way:

"I'm not exactly enthralled by diaper pails and wax build-up. But that's not the point of staying at home. The point is that I take joy in what I can give my family, from good food to good listening. Just knowing I've bathed and held and nuzzled my children gives me the most solid feeling that my life is worthwhile.

"I want my husband to find shelter for body and spirit when he comes home from work," she continues. "Certainly I maintain my own interests, but I can't see how serving those I love diminishes me in any way. Christ did wash the feet of His disciples, after all."

If you devote time, energy, and love to your family and the community beyond, your children will see how it's done and grow up to be loving, caring people too.

A woman needs to know, however, the difference between giving and being taken advantage of. If you're stuck with all the household chores, it's time to re-educate the family. (And remember, every kid on the block says to his/her parents, "No one else has to do this much work at home.") A sense of self-worth comes from being a road map, not a doormat.

Elteen Kirschbaum, a Livermore, California, teacher of communication and career decision-making, says, "In terms of self-esteem there are two areas on which the housewife can focus. "First, there are the tasks she does. These are extremely complicated. They require incredible ability to shift from one to the other.

Self Esteem Seminar
www.lrhartley.com/seminars
from *These Times*, September 1980 Pp29-31

“Then, there is the area of relationships. As sociologist Jessie Bernard points out, the woman is traditionally the guardian of the family’s emotional health. She’s the one who nurtures everyone else’s self-esteem. The danger comes when both the housewife and her kids come to believe she is supposed to make them happy.

“Too many women focus on the tasks and don’t give themselves enough Brownie points for maintaining the balance or relationships,” Kirschbaum believes.

Tally your talents. It is ironic that so many housewives do not appreciate their own administrative and nurturing skills until they decide to seek paid employment. Then they must identify the skills developed on the home front.

Why wait? Why not recognise your abilities while you’re working as a housewife? You might find some surprises working through this values exercise adapted from *How to Decide: A Guide for Women*, published by the College Entrance Examination Board.

List ten activities you’ve performed and enjoyed during the past year. They may be work or leisure, child-rearing, community, church, or hobby activities. Then check off what skills and values are represented. For instance:

1. Independence. Most housewives enjoy the flexibility of running their own households.

2. Self-expression. Did you list home decorating? sewing? crafts? music? writing? painting? (If you wish you’d listed these or other means of self-expression, perhaps it’s time to reactivate dormant creative interests.)

3. Service to others. Most housewives could put a triple check here. Feeding the hungry, clothing the naked, and nursing the sick are activities available in most homes. And many homemakers extend their service in volunteer work well beyond the home.

4. Leadership. Have you held leadership positions in community, church, charitable and/or political organisations? Have you joined with others to solve a specific problem without waiting for some sort of official mandate to operate? (Good leaders often think small in the beginning.)

5. Reward. When you say a certain task or commitment is rewarding, exactly what do you mean? It’s important to identify our rewards - affection, a close family life, lessening others’ suffering, the knowledge that we’re helping others see life positively.

6. Recognition. Did you choose a task because you want respect and recognition for what you do? The need for approval is a valid human longing that knows no gender.

7. Variety. Much of housewifery is routine; so are many paying jobs. Variety must be consciously built into a day.

Many women take this kind of “test” only to discover all the while they’ve been working at something they really love. They’ve just never considered the components of contentment before.

Others identify areas of their lives that need overhauling and then take steps to change. One of the side benefits of the current questioning of the housewife’s role is that it has forced many women to think through *what* they’re doing and *why*.

Accent the satisfactions of housewifery. Once the egg is scraped off the breakfast plates, the housewife can cultivate her own awareness of what’s going on inside and outside her home. “I have more time to learn about current events than my husband does,” says talk-show fan Carrie. “I listen to a couple of good interview shows while I do my housework. I learn a lot about politics, medicine, psychology, new books. I have plenty to discuss besides washing-machine woes when my husband comes home.”

Many homemakers cultivate the ability to create beauty with whatever is at hand. Their kitchens are bright with growing plants and the artwork of growing children. The meals they serve are attractive and thrifty, compiled with more imagination than gourmet ingredients. In a plastic world, the housewife works with elemental things: yeast, herbs, flowers, fresh fruits, and vegetables. That in itself is a reward.

Freedom to manage our own time is, for many of us, the greatest plus of housewifery. “I consider the idea an insult that a woman should have a paying job to fill up her day. I run my own show,” says forty-year-old Catherine. “My job description is in my own head.”

With flexible time (after the baby years), the zestful housewife pursues her own interests. She may tackle one new project a year: riding a motorcycle, mastering photography, learning a new language, becoming an exercise leader in a convalescent home. She not only learns something new but gains that extra bit of respect from her family.

Time for meaningful volunteer work rates high with her. “I could never put in my senior service hours if I held an outside job,” says Enid, a homemaker who drives older persons shopping and to medical appointments.

“My religion has become more important to me now that I teach it to children,” admits Therese. “I got roped into teaching, but now I see it keeps me alert, looking for examples of how faith matters in everyday life.”

The problems of isolation and lack of personal time often strike during the early years of motherhood. Women who cherish their children and choose to stay home with them need stimulating adult company even more than women who interact with other people during the working day.

Young mothers are alone in the sense of being without adult company but not alone in the sense that they’re free to do what they want. Every venture from potting a philodendron to steaming a batch of formula will be interrupted by a baby or preschooler who needs attention now.

The woman who wants to thread a loom or read serious literature must do so during nap times or at night after the household chores are finished. Fatigue may be her constant companion. So may faith, which grows well in dark places.

Women survive these years strengthened. It is a season of testing, and the housewife with little time or privacy will need a fierce dependence on God. It also helps to have a sense of humour, an understanding husband, and a couple of friends who don’t think you’re crazy to stay home.

Is it worth the struggle? “Of course,” say women who’ve emerged with marriages intact, kids they’re proud of, and minds that haven’t rusted after all.

Getting the divine connection. An honest prayer life is a rock-bottom necessity for any homemaker trying to live out God’s will. As poet Annie Dillard says in *Holy the Firm*, ““Teach me thy ways, O Lord’ is, like all prayers, a rash one, and one I cannot but recommend.”

Life proceeds from life, and the woman who hopes to enliven others must be connected to the source. She will then be able to assign meaning to what she does, freely, from within, instead of reacting to whatever the world is currently saying about housewives.

Inner freedom and a solid sense of self-worth have never been easily come by. But the housewife with a liberated spirit shows, in the words of the late theologian Paul Tillich, “the courage of the human being who feels all the riddles of life and who nevertheless is able to say ‘yes’ to life.”

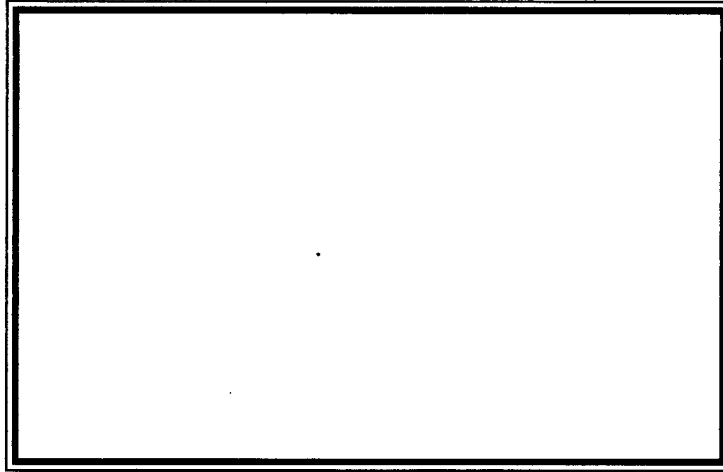


Homework Sheet: **God's Love For Me**

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Please complete this activity sheet and bring it to your next consultation.

1. Paste a photograph of yourself here:



2. Look at that person as someone whom God loves.

3. What is there about you that makes Him love you?

(Your comments will be regarded as strictly confidential)

4. What is there about Him that makes Him love you?

5. Write a letter to yourself telling why He loves you:

Dear _____

(Continue overleaf)

--

“My Wins in Life” Worksheet

Instructions:

Write down three things you have succeeded at (your wins in life) for each phase of your life.

Whenever you find yourself feeling low because you haven't yet achieved certain thing you want, remember your wins and re-live them, let them lift you and encourage you. **You have won before, and you will win again!**

The first phase of my life. Age (for example 0-10 years old) _____

1

2

3

The second phase of my life. Age _____

1

2

3

Please turn page...

“My Wins in Life” Worksheet

Recent Successes. Age _____

1

2

3

Success I want to achieve in the next 5 years. Age _____

1

2

3

Homework: "Self Talk" Exercise Worksheet

Instructions:

On the left hand side with the heading "Negative Self Talk", make a list of all the negative self talk you engage in and the negative things you say about yourself. On the right hand side write a new self talk that you would like to change the negative one to. See the example then continue with your own.

Every time you find yourself in the negative self talk mode or whenever you are feeling low and beginning to sink into thinking negatively, immediately replace that bad self talk with its corresponding good self talk that you wrote down and keep repeating the good self talk either internally or out loud (if you are in a quiet place where no one will think you're crazy) until you begin to feel energized and positive again.

Negative Self Talk

New Self Talk

Example: I'll never get a good job	I can get a great Job or I can make any job I get to be great!

Homework: "Self Talk" Exercise Worksheet

Negative Self Talk

New Self Talk

Homework: Visualisation Exercise Worksheet

Instructions: For each of the categories, write down how you imagine things would be if your life was perfect, then visualise those things as you do the visualisation exercise. Do this in a quiet place with some soft background instrumental music.

My Family Life (hints: Relationship with spouse and children, dream home, car, holidays etc)

My work life (hints: Dream Job or Business, ideal income, being the best in your field etc)

My Health (hints: fitness, body, diet, etc)

My Accomplishments (hints: All the things I would like to do while I am able)

Once you've completed the visualisation, use the space below to write down how you feel. Do this immediately after the exercise.

My Feelings after doing the Visualisation Exercise:

Coat-of-Arms

Self Esteem Activity

The image shows a large, decorative shield-shaped form. The shield is divided into four equal quadrants by a vertical line and a horizontal line. The top of the shield is adorned with an ornate crest featuring a central floral or leaf-like motif, flanked by symmetrical scrollwork and small circular accents. The shield's border is thick and black, with small circular details at the corners and the bottom point. The four quadrants are labeled as follows:

Name	Skills
Ambitions	Known for

Self Esteem Guided Group Activity 1

Part 1. Draw a picture or pictures of some things that you like about yourself, something you have created or something you have made of which you are proud.



When directed by the facilitator, share with and explain your drawing to the rest of the group.

Part 2. When directed by the facilitator, write down the names of three people who have been good role models in your life.



When directed by the facilitator, share the names with the rest of the group and say why you consider them to have been good role models.

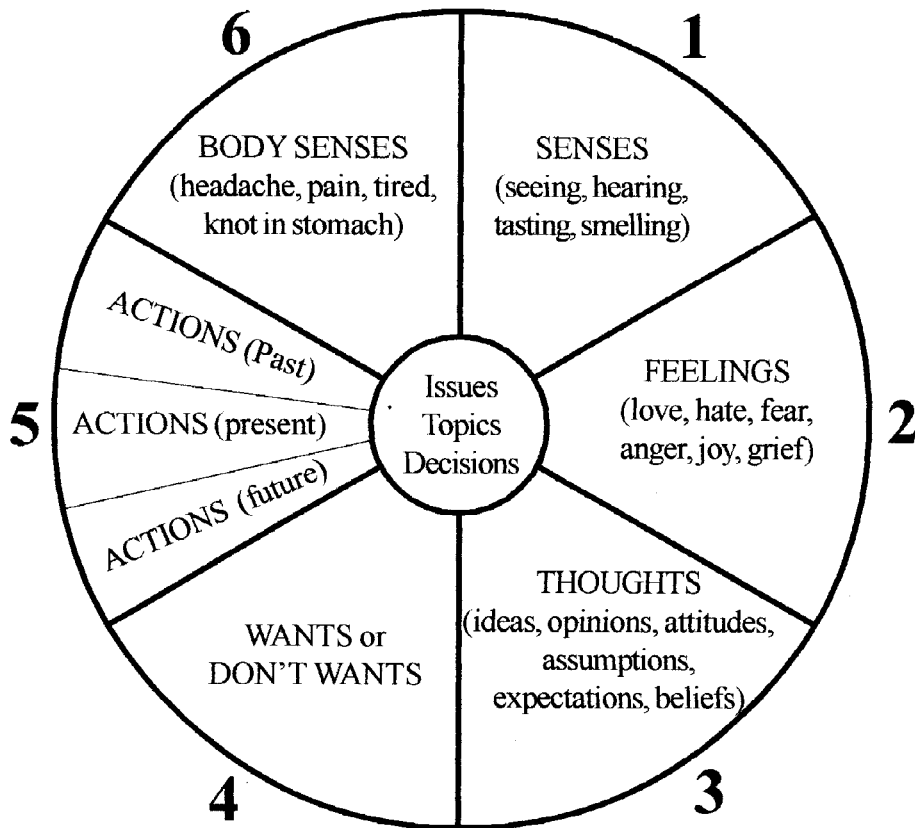
Good Role Models

j _____

k _____

l _____

Self-Awareness Wheel



Self-Awareness Wheel: write one for every issue in order to resolve it.

1. SENSES:

What messages are my senses receiving? (what I'm seeing, hearing, tasting, smelling)

2. FEELINGS:

What emotions do I have? (love, hate, fear, anger, joy, grief)

3. THOUGHTS:

What thoughts do I have? (ideas, opinions, attitudes, assumptions, expectations, beliefs)
(What knowledge do I have?)

4. WANTS or DON'T WANTS:

Can be a springboard for future change or actions. What do I want or don't want to happen

5. ACTIONS:

(Past, present, future) What action did I take in the past?

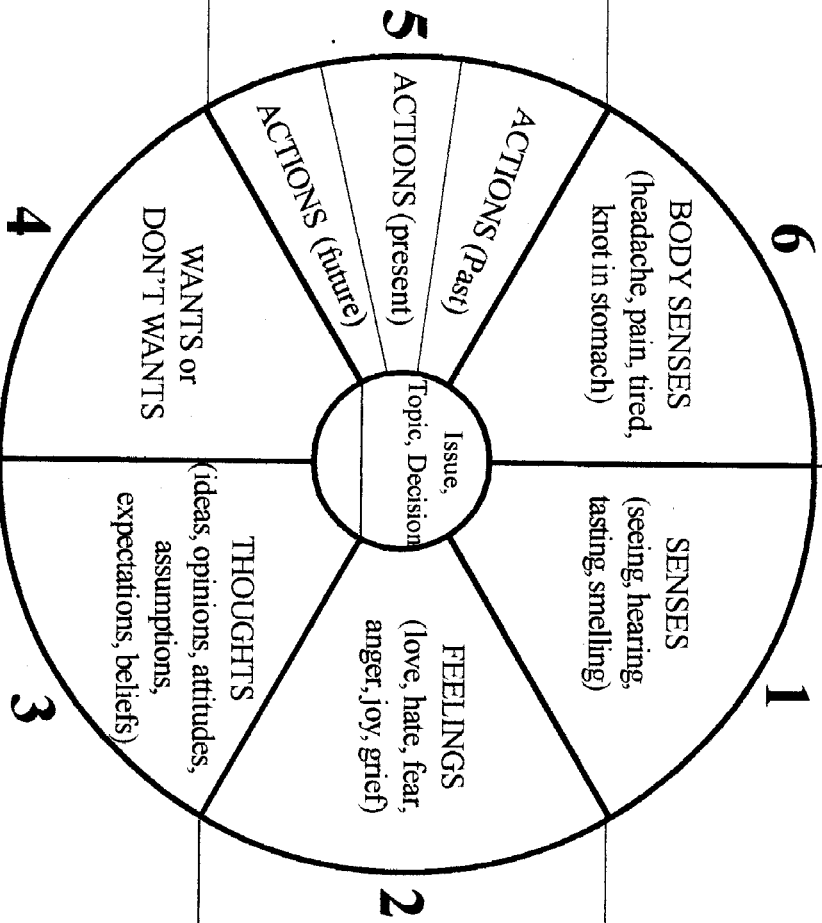
What action are I taking now?

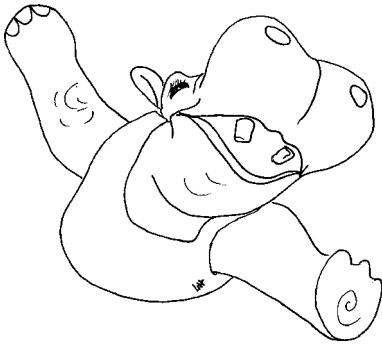
What action will I take in the future?

6. BODY SENSES:

Body sensations - How do I feel in my body? (headache, pain, tired, knot in stomach)

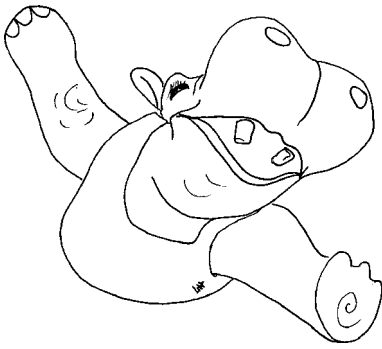
Self-Awareness Wheel





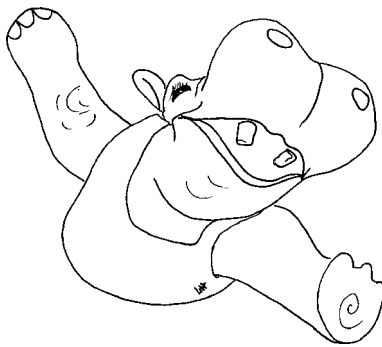
Volunteer #1
Activity # 1. Wait until instructed.
Say “Come here”
as if you are calling for help

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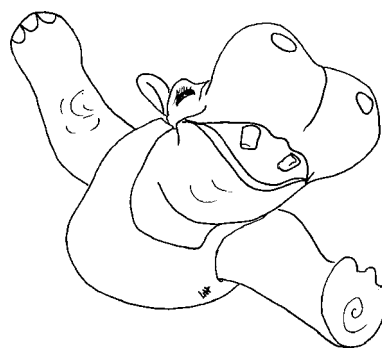
Volunteer #2
Activity # 1. Wait until instructed.
Say “Come here”
as if you are attracting a lover

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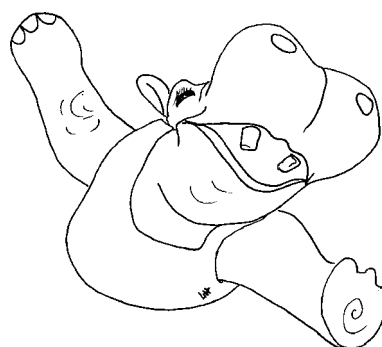
Volunteer #3
Activity # 1. Wait until instructed.
Say “Come here” as if you are
bursting with news for a friend

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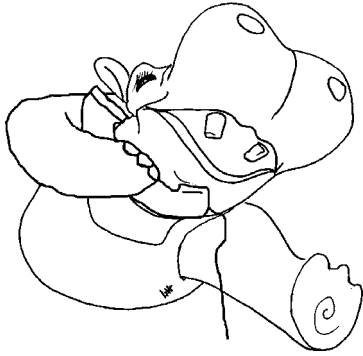
Volunteer #4
Activity # 1. Wait until instructed.
Say “Come here” as if you are
a sergeant speaking to a private

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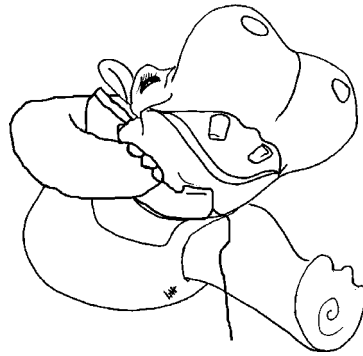
Volunteer #5
Activity # 1. Wait until instructed.
Say “Come here” as if you are
a parent calling a naughty child

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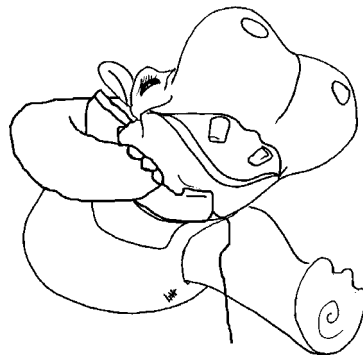
Volunteer #1

**Activity # 2. Wait until instructed.
Say “Good morning”
into the telephone with the message:
I’m so glad you called**



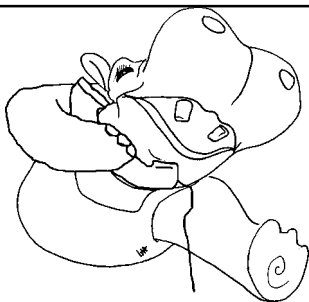
Volunteer #2

**Activity # 2. Wait until instructed.
Say “Good morning”
into the telephone with the message:
I hate the world**



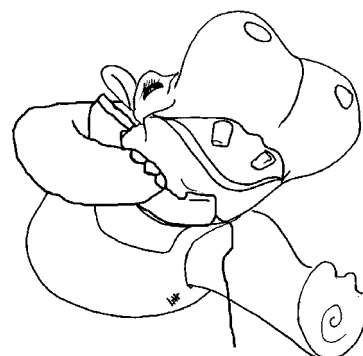
Volunteer #3

**Activity # 2. Wait until instructed.
Say “Good morning”
into the telephone with the message:
I’m ready for a long gossip session**



Volunteer #4

**Activity # 2. Wait until instructed.
Say “Good morning”
into the telephone with the message:
I’m in a hurry - say what must and get it over with**



Volunteer #5

**Activity # 2. Wait until instructed.
Say “Good morning”
into the telephone with the message:
I feel ‘on top of the world’**