



REMEDIES FOR LOW SELF-ESTEEM

HOW YOU CAN BUILD OTHERS UP

Somewhere along the way our modern culture drifted from the long-accepted wisdom that a person's sense of worth depends on a combination of who they are and what they do. As a result we can't help but notice how our self-absorbed culture seems to be characterized by people of all ages clamoring for some sense of personal worth based on image, identity, status, appearance and possessions. There were undoubtedly many causes for this drift, so there's probably little hope of triggering some grand cultural shift to reverse the trend. But even though it sounds cliché, we push the reset button for one person at a time. In fact, what if you were to take on a challenge of building the self-esteem of people you have a chance to influence personally? One thing would happen for sure. The residual effect will be an improvement in your own sense of worth. That's how we all tick: ***The more we care for the well-being of others the healthier we are.***

- 1 Do better next time.** *Think of a person you know who fits the following profile: someone not that interesting to other people and someone whose interests or thoughts don't interest you. Now remember what it feels like when you can tell someone's not interested in what you're saying. Don't make them feel like that. Determine, "Next time I'm going help build them up by showing genuine interest in what they're saying."*
- 2 A funny way of showing it?** *There are many ways in which our actions don't match our words. Like a husband who says "I love you" to his wife, but spends more time with his buddies than her. Like a person who says, "I respect your point of view, but never seeks it out." Is there anyone you are treating like that? You may be undermining their self-esteem. Bring your words and actions in alignment and you'll be helping that person.*
- 3 Little things mean a lot.** *Think about at least 5 things other people make possible that you benefit from in some way but tend to take for granted. Food in the fridge. Paperwork filled out. Trash picked up. Think of things someone had to do regularly, on time, conscientiously, without fanfare. Use the chart on the second page to record what you notice. You'll use this chart for the next two exercises as well.*
- 4 Prepare to express thanks...** *Using the chart, look at all 5 things individually and identify what effort, traits, skills or attitudes were necessary to do what they did (or continue to do.) This will prepare you for the final step.*
- 5 ... with a personal explanation.** *Remember what you learned in the podcast: Self-esteem increases when compliments focus on what the person did. Let them infer what that means about who they are. Use the chart to identify two things: (1) what it took for them to do what they did, and (2) how their act was (is) valuable to you.*



GRATITUDE THAT BUILDS SELF-ESTEEM

Use this chart to identify some routine work a person has been doing that's helpful to you and others but perhaps unnoticed. Think about what it takes for them to do that work. Thank them in a way that specifically states how their work has been valuable to you. Remember to keep the focus on their efforts, e.g. *"Even in super busy times you still manage to get things done on time. I don't know how you do it, but thanks because I can always count on you."* Put a check in the box when you thank them.

	Name of the person	What has he/she been doing that is helpful to you?	What efforts, traits, skills or attitudes has that work required?	How has it been valuable to you?
☐	Joe Smith	He always calls ahead of time to let me know if he's on time or if he's going to be a little late.	He plans ahead so he's not rushing around for appointments, but he keeps track of time in case has any delay.	This tells me he respects me and values my time.
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