

BUILDING AUTHENTIC SELF-ESTEEM - B A S E

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WHAT ARE YOUR EXPECTATIONS?

SELF WORTH

- We can connect it with the feeling of happiness or positive feeling about ourselves, but it surpasses only pleasant feelings. / = egocentrism

vanity

conceit

arrogance

narcisism

- It bases on 2 basic elements:

FEELING OF WORTH

FEELING OF ABILITY or EFFICIENCY

The Feeling of Worth

- It arises from love and respect, which were given to us by people around us (PARENTS).
- It is the awareness that our behaviour and feelings mean enough to someone to arise honest feelings in them and promote their actions.

The feeling of ability

- Arises from the feelings of the individual, that they cause the events in their environment on their own.
- The awareness that we are able to promote certain events and influence them.
- It is the confidence in their ability to cope with the challenges of life.

“PROHIBITION ON SKILLS”

Characteristics of High Self-Esteem

- good mood
- optimism
- relatively high energy level

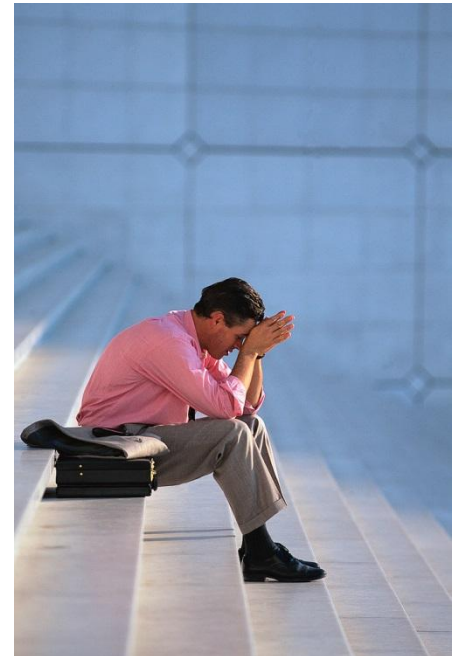


Characteristics of High Self-Esteem

- People who think well of themselves take command and control of their lives.
 - They behave responsibly toward their duties and toward others.
 - They seek challenges and stimulation of worthwhile and demanding goals.
 - They are better equipped to cope with problems & manage change, are quicker to pick up after a fall / disappointment, are more open, honest and nourishing with others.
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- people with healthy S/E believe and trust others
 - have a clear sense of priorities and what is important to them
 - tend to set goals for themselves
 - invest in themselves and work to improve themselves
 - provide positive feedback & encouragement to others
 - take pride in their accomplishments
 - are able to shift as situations change; they respond to challenges

Characteristics of Low Self-Esteem

- doubt in their own value and acceptance
- lack of energy
- lack of motivation



Characteristics of Low Self-Esteem

- People who lack S/E depend on others for security & direction
- are sensitive to criticism, even when it is constructive
- are afraid to acknowledge mistakes or weaknesses
- treat others poorly, hold on to grudges & discredit others
- are concerned about what others think of them
- are irritable and impatient with others
- are reluctant to take on challenges, resistant to change
- lack a positive view of the future
- discount their own accomplishments
- use their children to feel good about themselves
- are reluctant to see how they can change

Students with Low Self-Esteem

- To compensate from feelings of low self-esteem, these people seek for some ready way to feel better about themselves. Often their behavior is likely to be anti-social and deviant (they drink too much, seek a quick way to get high, treat themselves poorly, engage in aggressiveness, impatience and hostility toward others).
- We also know that self-esteem contributes to better psychological health, to the ability to manage stress and change, to the ability to solve problems and be creative and to greater job satisfaction.
- Rebelling, resisting, defying or retailing
- Discounting, teasing or belittling others
- Lying, cheating or copying
- Blaming others when things don't go right
- Failing to take responsibility for their actions
- Bullying or threatening others
- Withdrawing, being shy or daydreaming
- Engaging in forms of escape, including tardiness, truancy or drug or alcohol dependency

WHAT KIND OF DIFFICULTIES DO YOU HAVE TO FACE
AT YOUR JOB?



What does Research have to say

»I cannot think of a single psychological problem, from anxiety and depression, to fear of intimacy or of success, to alcohol or drug abuse, to spousal battering or child molestation, to suicide or crimes of violence, that is not traceable to the problem of a poor self-concept. Positive self-esteem is a cardinal requirement of a fulfilling life. There is overwhelming evidence, including scientific research finding, that the higher the level of an individual self-esteem, the more likely that he or she will treat others with respect, kindness and generosity.«



Relationship of Self-Esteem to Problems in Schools:

- Research shows that many schools inadvertently destroy self-esteem.
- Staff need training and materials to facilitate the process of building self-esteem.
- Effective programs can significantly reduce school problems, make teaching more enjoyable and result in greater gains and achievements.
- Our experience

B A S E

Building Authentic Self-Esteem – The 5 Steps Process

1. Security
2. Identity
3. Belonging
4. Purpose
5. Competence

→ *getting to know yourself*

→ *networking with others*

→ *integration into community*

METHODS OF PAIR WORK



Developing a Sense of Security

- Define procedures & routines
- Involve students in defining the rules
- Enforce in ways that build self-respect
- Foster self-responsibility

RM / V-23

THINGS THAT WORRY ME

Each one of us has worries. Sometimes we worry about events that have already happened, other times about something that might happen or something happening at the moment. Think about your worries. Ask someone about their worries and think how their worries differ from yours.

1. LIST A FEW OF YOUR WORRIES.
2. WHAT CAN YOU DO TO MAKE THEM SMALLER?
3. THINK ABOUT THE EVENT THAT YOU WORRY SHALL HAPPEN. FIND OUT WHAT YOU CAN DO TO PREVENT THE EVENT FROM HAPPENING?

10 MIN/14:00



MM / V-28

FEARS

1. List a few of your fears: at school, at home, regarding people, regarding your body, place, future, etc.

10 MIN/ 18:00



Lack feelings of Security

Behaviour symptoms

- Excessive shyness
- Exhibiting of fear
- Thumb-sucking or nail-biting
- Exhibiting of other nervous symptoms
- Apparent resentment of authority
- Temper tantrum displays
- Ignoring of directions
- Challenges to authority

HOW TO STRENGTHEN THE SENSE OF SECURITY

- ✓ Taking “responsibility” for our happiness.
- ✓ Efficiently use our time.
- ✓ Set our expectations.
- ✓ Lower our worries.

Developing a Sense of Identity

- Honour individual uniqueness
- Build positive self images
- Demonstrate caring and acceptance
- Build self-awareness

RM / I-13

IF I WERE AN ANIMAL ...

1. Which animal would I be?
2. What would be the most exciting thing about this?
3. Which animals would you fear the most? Why?



10 MIN/ 21:00

RM / I-29

MY LIFE

1. Which events had a great impact on your life?
2. How did these events affect the way you are now?
3. How do you think these events will affect your life in the future?

10 MIN/ 13:00



MM / I-6

WHAT DO OTHER PEOPLE THINK OF ME?

1. What do you think your coworkers think of you when you express your opinion?
2. What do you think young people would think if you tripped on the steps and fall while your things would scatter everywhere?
3. Is it important to you what other people think about you?



15 MIN/ 15:00

Lack feelings of Identity

Behaviour symptoms

- Crying with little reason
- Anxiety about pleasing adults
- Immature actions
- Use of excuses or placing blame on others
- Criticism of the teacher or others
- Tendency to put others down
- Complaints about work as too hard or too easy
- Display of poor sports conduct
- Engagement in fantasy
- Hypersensitivity to criticism
- Discounting of personal achievements
- Bullying of others

HOW DO WE STRENGTHEN OUR FEELING OF IDENTITY

- ✓ Accept yourself as you are.
- ✓ Decide how you want to feel.
- ✓ Act at a conscious level.

Developing a Sense of Belonging

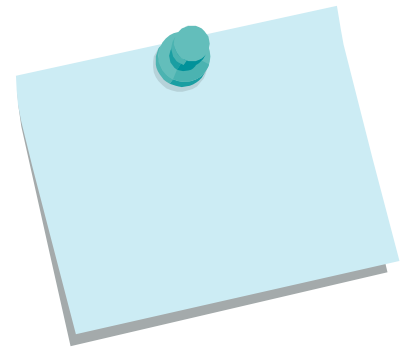
- Create an accepting environment
- Reduce the number of isolates
- Provide opportunities for service
- Develop feelings of pride

RM / P-7

WORDS WHICH HELP

1. Which words would help people to feel better?
2. What would you say to make someone braver?
3. How would you tell someone they mean a lot to you?
4. How do you tell someone they did a good job?

Group work



RM / P-22

SAY "NO"

1. How could you say no when the coworkers asks you for help again?
2. How could you say no when someone would want to borrow something you would not be ready to lend?
3. How could you say no to someone who wants you to lie for them?



10 MIN / 19:00

Lack feelings of Belonging

Behaviour symptoms

- Apparent loneliness
- Avoiding of group activities
- Having few friends
- Sharing infrequently
- Getting in trouble with others
- Siding with few to exclude others
- Inconsistency in roles played
- Teasing others
- Acting silly or showing off
- Accessing boasting or bragging
- Smoking or taking drugs

HOW DO WE STRENGTHEN THE FEELING OF BELONGING

- ✓ Open up to others.
- ✓ Clarify your relationships with others.
- ✓ Strengthen ties with people who support you.
- ✓ Actively create positive atmosphere.

Characteristics of effective schools

- Warm and caring
- Purposeful leadership
- Involvement of teachers
- Consistency among teachers
- Intellectually challenging
- High communication
- Progress monitored
- Parents involved
- Positive climate
- Students help others

Developing a Sense of Purpose

- Convey expectations
- Build confidence and faith
- Strengthen values
- Aid in setting goals

RM / S-5

EXCHANGE

1. Who would you like to trade your life with?
 2. How old would you be?
 3. Where would you live?
4. What would you do if you returned to visit your family as a different person?



15 MIN / 22:00

RM / S-6

MY DREAMS

Individual work



RM / S-19

GOOD FEELINGS ABOUT YOURSELF

1. What would you like people to think you are good at?
2. Why would you like other people to respect you for?
3. What could you do so that people would have a better opinion about you?



15 MIN / 23:00

MM / S-8

SETTING GOALS

1. List 5 personal habits you would like to develop or improve.
2. What would you like to achieve regarding your health and fitness?
3. Define what type of relationship you would like to have with other people.

10 MIN/ 16:00



HOW DO WE STRENGTHEN OUR SENSE OF PURPOSE

- ✓ Direct your life towards the goal.
- ✓ Expand the boundaries of your comfort.
- ✓ Respond to the opportunities and challenges.
- ✓ Set important goals.

Developing a Sense of Competence

- Point out options and alternatives
- Provide encouragement and support
- Provide feedback
- Celebrate success

RM / K-15

HOW DID I PROGRESS THIS YEAR

1. What physical skills have I developed this year?
2. What important things did you learn this year, what caught your interest?
 3. What did you learn about yourself this year?
 4. What are you looking forward in the next year?

Group work



RM / K-19

ADVANTAGES AND WEAKNESSES

Individual work



HOW DO WE STRENGTHEN OUR FEELING OF ABILITY

- ✓ Commit to your goals.
- ✓ Think positive.
- ✓ Do not set yourself limitations.
- ✓ Plan your personal growth.
- ✓ Strive to be the best you can be.

Steps to change your self-esteem

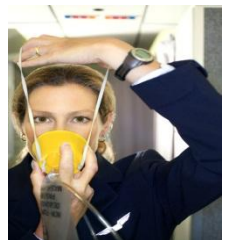
- ❖ Seek truth about yourself.
- ❖ Deal with your own negative beliefs.
- ❖ Watch yourself think positively.
- ❖ Eventually stress positive thoughts.
- ❖ Before you start something, imagine yourself succeeding.

THE IMPACT OF THE SENSE OF SELF-ESTEEM

It is proven that the level of the sense of self worth affects

- people's achievements
- setting and realizing goals
- establishing quality interpersonal relations
- taking social and personal responsibility
- readiness to risk
- work performance and efficiency, as well as
- The feeling of happiness and personal satisfaction

FIRST OF ALL, TAKE CARE OF YOURSELF.



IF YOU THINK YOU CAN DO IT

OR WHETHER YOU THINK YOU CANNOT DO IT

- YOU ARE RIGHT IN BOTH CASES.