

THE SECRETS TO HEALTHY SELF ESTEEM

**HOW TO REPAIR AND IMPROVE
YOUR SELF ESTEEM**



ALFRED BELLANTI

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Disclaimer

Every care has been taken to ensure that the knowledge and techniques in this book are workable and safe. Success using this knowledge and techniques may vary from person to person depending on how well the knowledge is applied and how thoroughly the exercises are done. The book is very helpful but is not intended as a total substitute for consultation with a mental health practitioner.

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INTRODUCTION

How do you rate your self-esteem? Can you improve it? Does everyone have self-esteem? How does self-esteem develop? How does childhood trauma or abuse affect self-esteem? Is there a way of bringing up children to have strong self-esteem?

These and many other questions arose while I was researching for informative and helpful content for this book. Read on and these questions shall be answered. Most importantly you will discover how to improve your self-esteem, achieve more of what you want in life and learn what you can do as a parent to bring up your kids to have a healthy self-esteem.

Many people, maybe even you, are lacking self-esteem in some area of life. This lack of esteem could be putting you at risk of not living up to your highest potential, and what could be worse, when the end draws near, you could possibly regret all the things you never achieved because your self-esteem led you to believe you could not.

You are more than you think you are. By reading this book you will discover how your self-esteem or lack of it developed; this will give you a better understanding of yourself. By understanding yourself in a new light and by participating in the techniques and exercises provided in the book your self-esteem will be boosted and you'll be more able to accomplish things in your life that you wanted to achieve but never thought you could.

At the end of my first Senior High School year I failed all High School subjects including English and Literature. My self-esteem went right down and I thought I would never be any good for anything. Now here I am the author of three "Self Help" Books, a Fictional Adventure and a Psychological Thriller. I was able to attain a Bachelor's Degree from University plus several Diplomas and I ran my own Hypnotherapy Practice for more than 25 years until retirement. I'm here to let you know that no matter where you stand right now, you can build or rebuild your self-esteem just like I did.

The material in this book is the result of years of personal life experience and from my Clinical Hypnotherapy Practice. I have also interviewed several people, and researched most of the available literature on the topic so that I can include knowledge from greater minds than mine.

The book is written in an easy going style which should make it a pleasant experience. Therefore enjoy the book and most importantly, do the exercises that have been provided that will help improve your self-esteem. I have great confidence that you can do it! I wish you all the best on your life journey.

What is in This Book

1. How Do You Rate Your Self-Esteem?
2. What is Self-Esteem?
3. How Does Self-Esteem Develop?
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5. Discovering Your Inner Critic
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17. What you have Learned from This Book and More
18. What to Do Now

Chapter 1

How Do You Rate Your Self-Esteem?

This is an interesting question because during my research someone asked me “What is self-esteem and how do we know we have it?” In the next chapter I shall attempt a definition of ‘self-esteem’ but I think most readers have a good idea of what it is, so how do we rate it?

My favorite way for self-measurement is the scale from zero to ten. Zero being no self-esteem and ten being the highest self-esteem.

0 1 2 3 4 5 6 7 8 9 10

Interesting things happen when you do this, for example one of my Facebook respondents who at first said she has no self-esteem then said if she does have it would be around 0.000001%. I replied to her “The fact that you responded to my post shows me that you care enough about yourself to ask the question.”

A number of people asked me what is the difference between self-esteem and self confidence. At first it seems that one would be the same as the other but on further thought there could be a difference. For instance you could have high self confidence but low self-esteem. More about the differences shall be discussed in a later chapter.

So how do you rate your self-esteem? Is it from 0 to 4, at 5, or 6 to 10? If you are happy with your score, that's good. If your score is low and you want to improve it, read on! By the end of this book you will know everything there is to know about self-esteem. You will be presented with exercises you can do to raise your self-esteem and you will get to rate yourself again so you can see your improvement.

The other thing I concluded from my research is that any self-esteem measurement may not remain steady twenty four seven unless you are one hundred percent solid in integrity, which I will talk about later. And self-esteem can increase as your skills in dealing with life events and other people improve.

For a more comprehensive measurement of your self-esteem you may like to use the Rosenberg Scale from the Fetzer Institute -

Instructions

Below is a table with a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement by placing a ✓ in the appropriate column.

To work out your score see instructions on the page after the table and be careful when scoring because items 2, 5, 6, 8, 9 are reverse scored!

Item	Strongly Agree	Agree	Disagree	Strongly Disagree	Score
1. On the whole, I am satisfied with myself					
2. At times I think I am no good at all					
3. I feel I have a number of good qualities					
4. I am able to do things as well as most people					
5. I feel I do not have much to be proud of					
6. I certainly feel useless at times					
7. I feel that I'm a person of worth, at least on equal plane with others					
8. I wish I could have more respect for myself					
9. All in all, I am inclined to think that I am a failure					
10. I take a positive attitude toward myself					

Scoring Instructions: Items 2, 5, 6, 8, 9 are reverse scored. Give “Strongly Disagree” one point, “Disagree” two points, “Agree” three points, and “Strongly Agree” four points. Add up scores for all ten items.. Higher scores indicate higher self-esteem.

The highest score you can get is 30 and the lowest is 10. The higher the score, the more the self-esteem overall. Then you can also check the score on each individual item, which will give you an indication where you can improve.

Chapter 2

What is Self-Esteem?

The concept of self-esteem has its origins in the 18th century, first expressed in the writings of David Hume. - The Scottish enlightenment thinker showed the idea that it is important to value and think well of yourself because it serves as a motivational function that enables people to explore their full potential.

It was philosopher, psychologist, geologist, and anthropologist William James (1892) who introduced the term self-esteem as a psychological term.

Now the term self-esteem is used widely as a concept both in popular language and in psychology. It refers to an individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself (Blascovich & Tomaka, 1991)

An example of popular use of the concept comes from Gloria Gaynor, a singer and entertainer (I Will Survive,) who said “We all know that self-esteem comes from what you think of you, not what other people think of you.” Though this is partly true, it is not the full story.

A more worthwhile definition comes from Rosenberg at the University of Maryland USA - “self-esteem is only one component of the self-concept, which Rosenberg defines as ‘totality of the individual's thoughts and feelings with reference to himself or herself as an object.’ Besides self-esteem, self efficacy or mastery, and self identities are important parts of the self concept.”

In some cases self-esteem is described as a feeling, for example “I feel good about myself,” or “I feel worthless,” “I feel I’m no good for anything.”

Although it seems that self-esteem is not a “thinking” thing it is often said that it is thoughts that bring about feelings, whether conscious thoughts or unconscious thoughts. We may not be fully aware of the thoughts or “self talk” that eventually create the feeling. A philosophical discussion about this idea is similar to asking what came first, the chicken or the egg? More about this later.

The real danger with regards to self-esteem is to believe you are the way you are and there is no other way you can be.

Thankfully by now you will have a good idea what self-esteem means to you. At least enough of an idea to be able to work on your own self-esteem.

Whatever your issue is you will discover in this book the how and why these thoughts, ideas or beliefs have come into your head, how to overcome them, how to become who you really are once you have freed yourself from these restrictive thoughts or ideas.

I remember being in a band in my late teens. I was in the background just strumming guitar and providing backing vocals. When in private I tried to play lead guitar, I would do a few notes then think, ‘This is too hard, I’ll never be good enough.’ These thoughts were not good for my self-esteem. How wrong I was, because years later I switched to bass guitar, became quite good at it and motivated others to jam with me, played with bands and created my own band - Self-esteem went up again, and with regards to playing lead guitar I am doing a course which is greatly improving my skills.

It is never too late! Don’t let mistaken beliefs about yourself hold you back! Read on, find out how to get to the roots of this problem, understand them, follow the steps to overcome them and start to live the kind of life you have only dreamt of.

Doubting your abilities, believing that somebody else is better than you, or thinking you cannot do a job well, are common examples of low self-esteem. The way you feel about yourself directly affects your personal life, your relationships, and your career. Low self-esteem can also lead to lack of self care, self neglect, self abuse, drug or alcohol addiction or self harm .

A good friend Elizabeth was heavily controlled by her parents. The unfortunate outcome of this for Elizabeth was that she grew up feeling incapable of doing things for herself. In other words her low self-esteem was “put into” her because of parental control. Thankfully Elizabeth is “recovering” from this. Through her participation in the processes explained in this book she is “mending” herself.

Some of the most common characteristics of low self-esteem are:

- Depression / sadness.
- Anxieties.
- Low mood.
- Avoidance of social situations.
- Feelings of inadequacy.
- Comparing self negatively to others.
- Difficulty accepting compliments.
- Neglect of own needs, particularly emotional ones.

On this last point it can be said that people pleasers typically have low self-esteem. They overdo it on kindness and helpfulness because they feel a need to prove their worth. They're uncomfortable with conflict or negative emotions, so they work hard to always keep their partners or others happy, with no concern for their own feelings.

It has been said that self-esteem is a balance between acceptance and rejection. From this point of view it is easy to see why people pleasers do what they do; it is because they are seeking to be accepted by others.

In her article on bustle.com Teresa Newcombe says “Low self-esteem affects relationships in so many ways that it's almost mind blowing. There are almost too many negative side effects to list. Relationship behaviors that might mean you have low self-esteem are, coincidentally, common fight starters, and even breakup fuel. And because you've probably been battling low self-esteem most of your life, and through all your relationships, you probably don't even notice you're doing these things — or you think they're normal relationship behaviors. They're not.”

People with deep insecurities and low self-esteem feel unworthy of love, and scared that they'll lose it at any moment. This can lead to clingy behavior, as you try too hard to hold on to something you're afraid to lose. It can also mean you're letting your relationship take up your identity, so you don't know what to do with yourself when you're alone.

Co-dependence often happens when both partners have low self-esteem. It's when you depend on each other too much. It can look like never going anywhere without each other, feeling unable to live without each other, or setting up your lives so they don't work unless you're together. People with healthy self-esteem maintain their individual identities and most of their independence.

Some of the many causes of low self-esteem may include: Unhappy childhood where parents (or other significant people such as teachers) were extremely critical. Poor academic performance in school resulting in a lack of confidence. Ongoing stressful life events such as relationship breakdown or financial trouble.

Poor academic performance wrecked my self-esteem back in the days when I was transferred to a school where the academic standard was much higher than my previous school - I failed the final year exams. It wasn't until several years later that I recovered my self-esteem after passing the equivalent exams at an adult college. This gained me admission to university.

Understanding the mechanisms by which these life events affect our brain and create seemingly irreparable neural connections will help you to undo the mechanisms and

lead you to living a better life. You will learn later in this book how to repair or improve your self-esteem. For now, keep reading more about the topic because as they say, “better the devil you know than the devil you don’t know.”

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