

BUILDING SELF ESTEEM AND ASSERTIVENESS

SESSION 1

GROUP WELCOME



- Come with an open mind and an open heart
- This is a safe space to simply be yourself
- Let's consider Recovery Education and keep a learning focus
- We can agree to disagree and that's ok
- Be mindful of other students and their experiences
- Confidentiality is crucial
- Being present
- The value of the Course Evaluation Form



AIMS OF THE COURSE

- To explore what self-esteem is
- To understand our own self-esteem and what affects it
- To introduce tools for building self-esteem
- To understand different communication styles
- To be able to identify assertiveness
- To explore tools and techniques for developing assertiveness



WHAT CAN YOU EXPECT FROM TODAY?

- To learn what is meant by self-esteem and why it is important.
- To identify the difference between self-esteem and self-confidence
- To identify the importance of our values and skills to our self-esteem
- To learn about how self-esteem dips and becomes low.
- To learn what 'raised' self-esteem means



WHAT IS SELF ESTEEM?

- We tend to go through life evaluating ourselves and others according to a scale of worth. *The concept of self esteem is the amount of value that we consider we are worth.*
- These values vary from person to person. Whilst we might rate ourselves as being of little value, others might rate us much higher

- <https://www.getselfhelp.co.uk/esteem.htm>



SELF ESTEEM
VERSUS
SELF CONFIDENCE

SELF ESTEEM	SELF CONFIDENCE
Overall evaluation (either positive or negative) you have on yourself	Belief in your abilities to succeed
About self-evaluation	Having faith in oneself plays a major role
Doesn't evaluate you based on certain tasks in life	All about task based-evaluation
Directly related to ideologies about yourself	About having confidence to accomplish certain tasks and face certain situations in life

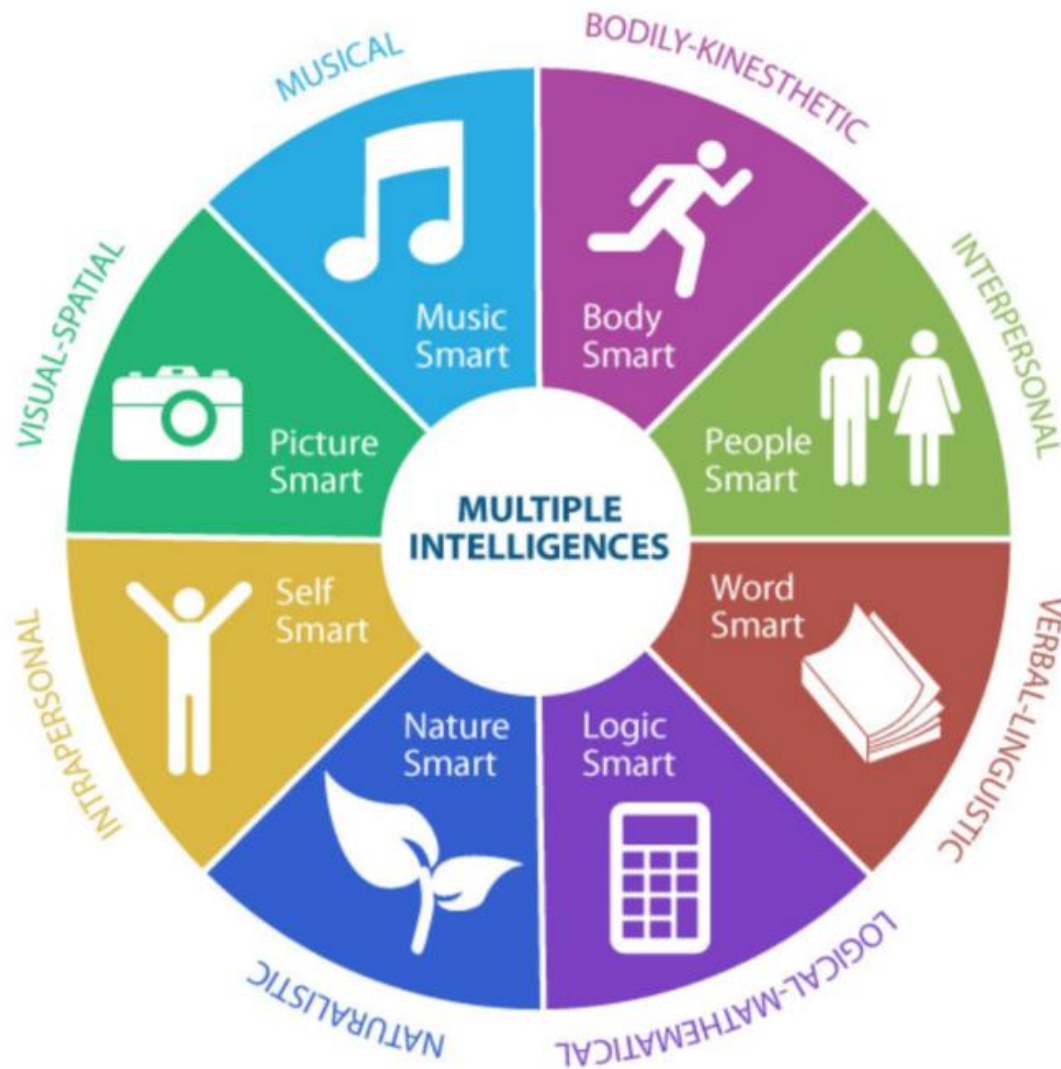
Visit www.PEDIAA.com



WHAT VALUES ARE IMPORTANT TO YOU?



PERSONALITY QUESTIONNAIRE EXERCISE



WHAT ARE THE SIGNS OF RAISED SELF ESTEEM?

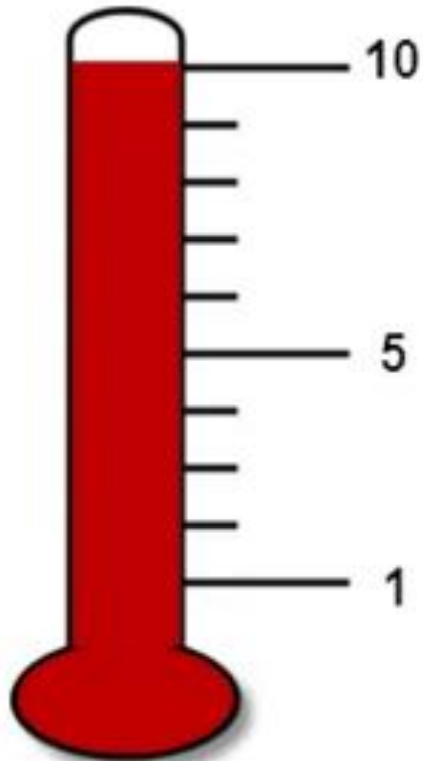


SCENARIO – JAMAL AGED 10

- Jamal is adored by his family. They value his thoughtfulness and helpfulness around the house and praise him frequently. He feels good about himself when helping others.
- Jamal's friends view him as kind and patient and always willing to help them with their homework. He likes the imaginative games he plays together with best friend Sam.
- Jamal's teachers say that he is well mannered and hard working in class. He likes to do his homework and help other students.



SELF-ESTEEM OMMETER FOR JAMAL



(0 being low and 10 being high)

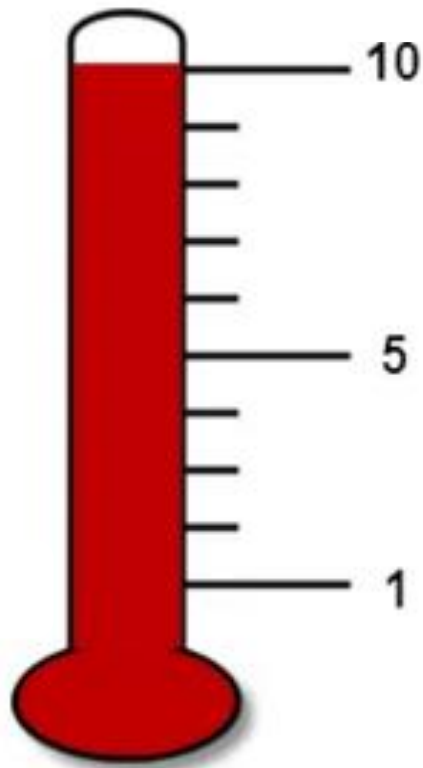


SCENARIO – JAMAL AGED 16

- Jamal finds that his friends no longer need his help and are saying that he is dull as he's always studying and not socialising. He feels excluded and becomes self-critical. He starts to study less in the hope that he will fit in.
- There is increasing conflict with his family as his parents remind him that he needs to study to do well, but Jamal wants to go out socialising to fit in with his friends.
- Jamal's grades are dropping and he is handing his homework in late. The teachers feel that he is capable but isn't applying himself anymore.



SELF-ESTEEM OMMETER FOR JAMAL



WHAT ARE THE SIGNS OUR SELF ESTEEM
NEEDS SOME CARE & ATTENTION?



SCENARIO – JAMAL AGED 25

- When Jamal left school, he originally pursued a career in banking thinking it would make his parents proud.
- It would allow him to earn enough money for the lifestyle he thought he wanted; all the latest mod cons like everyone else seemed to have.
- He volunteered in the community in his spare time and this made him feel happy.
- He realised that banking didn't make him feel satisfied and he began to spent time reevaluating what was right for him.

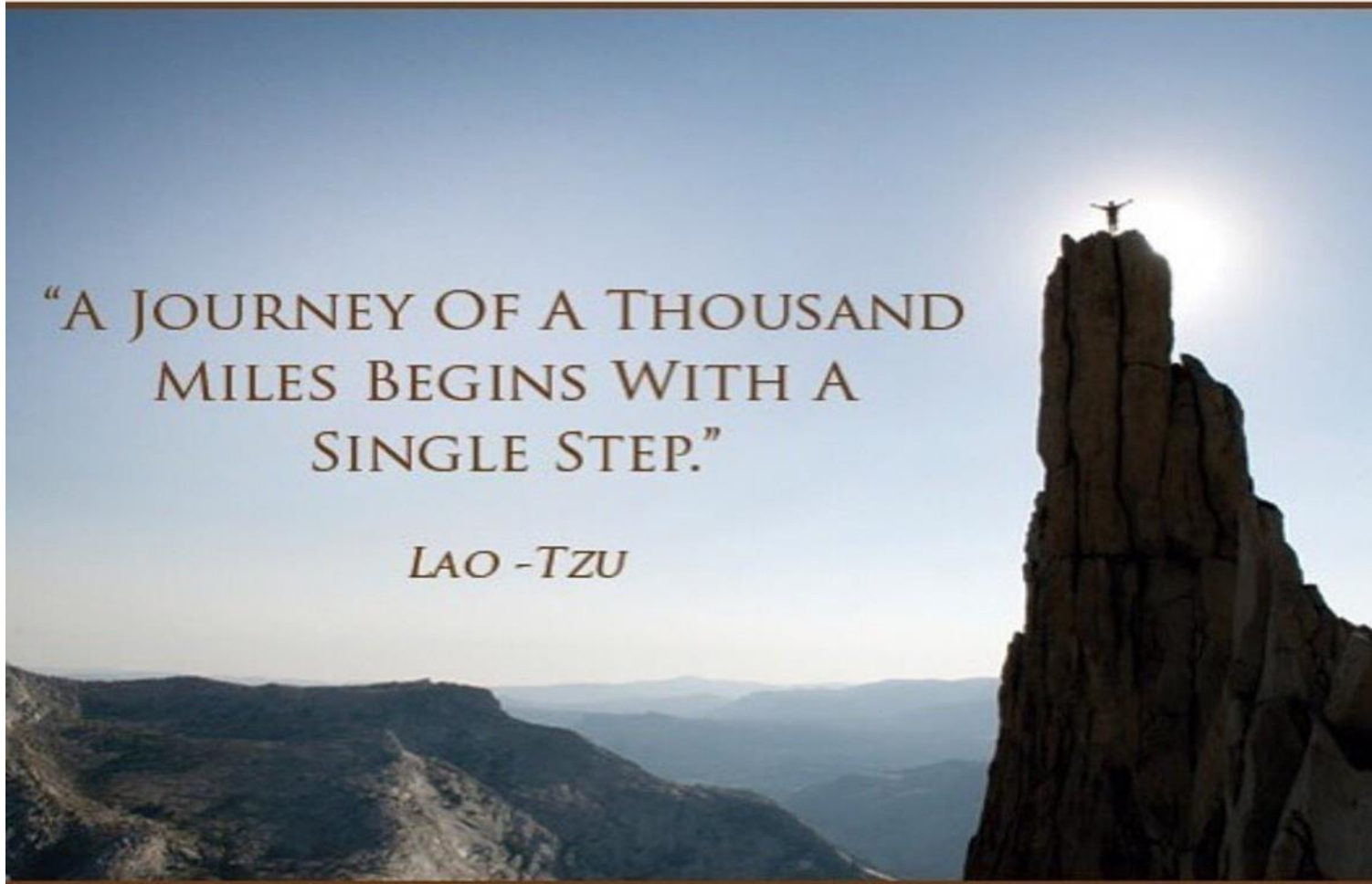


	Raised self-esteem	Dipped self esteem
Beliefs	Have the belief that you can achieve goals and aspirations.	Low belief in being able to achieve goals.
Thoughts	Compassionate internal voice.	Critical internal voice.
	Recognises achievement.	Overlooks positives.
Behaviour	Learn from mistakes	Avoid making mistakes for fear of consequences
	Clear communication skills	Poor communication skills for a variety of reasons
Feelings	Self-assured from within.	Feelings of anxiety that they are not valued by others.
	Feels secure in themselves and relationships around them.	Feels unwanted, unloved, and less valuable than others.
Relationships	Comfortable to express self in relationships.	Alters personality to fit what others find pleasing.
	Sets healthy boundaries in relationships.	Have chaotic or toxic relationships in their lives.

SMALL STEPS

“A JOURNEY OF A THOUSAND
MILES BEGINS WITH A
SINGLE STEP.”

LAO - TZU



HOME PRACTICE

- Reflect over the week on the things that tend to raise your own self-esteem and things that cause your self-esteem to dip



WHAT WE WILL BE COVERING NEXT WEEK...

Tools for Increasing Self Esteem

- Self-acceptance
- Becoming your own friend
- Developing compassionate self-talk
- Choosing inner compassion over the inner critic
- Affirmations
- Body language

