

SESSION 2 SELF ESTEEM



WHAT WE WILL BE COVERING ...

Tools for Increasing Self Esteem

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



SELF ACCEPTANCE



HOW TO BE A FRIEND TO YOURSELF

- <https://www.youtube.com/watch?v=wFUxiIjp-Nk>



TIPS TO GROW COMPASSIONATE SELF-TALK

- Sounds like a good friend
- Could be similar to how we speak to loved ones
- Compassionate towards ourselves
- Positive and supportive
- It could be caring, motivating, understanding, accepting, encouraging and patient, whatever qualities you need



ACTIVITY – IF YOU WERE A COMPASSIONATE FRIEND TO YOURSELF...

1. How would you like to talk to yourself? (e.g. Tone of voice, manner)
2. In what way would you like to talk to yourself? (e.g. understanding, encouraging)
3. What sort of things would you say? (words or phrases)
4. How would this make you feel about yourself? (e.g. accepted, supported)



LISTENING TO YOUR COMPASSIONATE SELF-TALK OVER CRITICAL SELF - TALK

- Self-awareness – noticing the inner critic
- Acknowledging it
- Bringing in our inner friend
- Switching to compassionate self-talk
- Observing your inner dialogue



AFFIRMATIONS

I AM
ENOUGH.

I
BELIEVE
IN ME.

I AM
WORTHY
OF LOVE.

I AM
ON MY
SIDE.

I TAKE
CARE OF
MYSELF.

MY
HEART
KNOWS.





GROUP EXERCISE

Create your affirmations using these tips:

- Personal to you – your words
- Begin with ‘I’ or ‘You’
- Brief - one line long
- Supportive language
- Kind or motivating
- Realistic
- Compassionate



BODY LANGUAGE - EXERCISE

HIGH POWER POSE	LOW POWER POSE
 <p data-bbox="537 425 830 449">STANDING, WIDE STANCE</p>	 <p data-bbox="923 418 1174 464">SITTING WITH HANDS FOLDED IN THE LAP</p>
 <p data-bbox="370 668 633 714">ARMS RAISED IN A "V" ABOVE THE HEAD</p>	 <p data-bbox="1155 661 1356 706">ARMS CROSSED OVER THE CHEST</p>
 <p data-bbox="598 925 782 949">HANDS ON HIPS</p>	 <p data-bbox="923 903 1188 949">ONE ARM ACROSS THE BODY IN A SELF HUG</p>
 <p data-bbox="370 1128 633 1199">ARMS CROSSED BEHIND THE HEAD, SITTING OR STANDING</p>	 <p data-bbox="1188 1146 1313 1170">HUNCHING</p>



Self-esteem is the ability to
see yourself as a flawed
individual and still hold
yourself in high regard.

Esther Perel

