## 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

### o 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

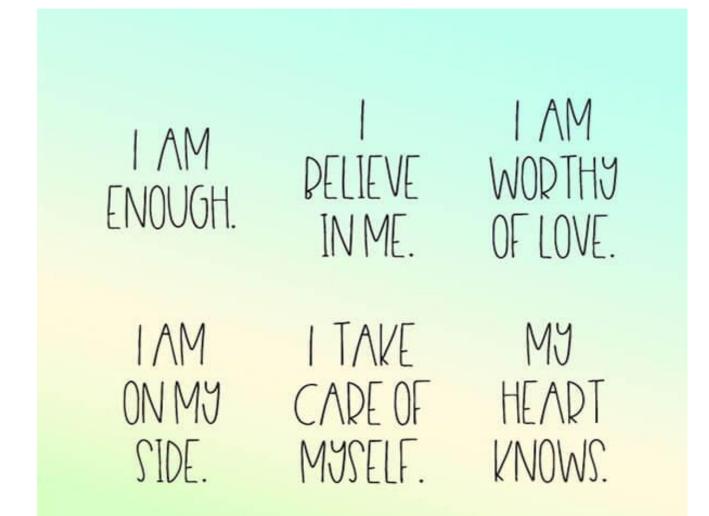
• Acknowledging it

• Bringing in our inner friend

• Switching to compassionate self-talk

• Observing your inner dialogue

### AFFIRMATIONS

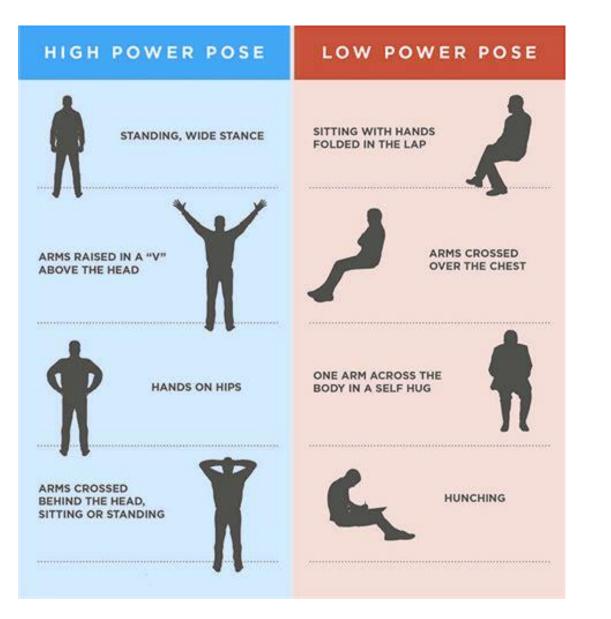


## GROUP EXERCISE

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



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

Esther Perel