

Quest for Self-Love: Positive Affirmations Towards Self-Assistance

4 Simple Strategies to Overcome Low Self-Esteem

Most of us have a tendency to put ourselves down, to see our weaknesses instead of our strengths, to compare ourselves unfavourably with others. Here are 4 simple strategies that if you practice daily will gradually increase your self-esteem levels and build self-confidence.

1 Stop comparing yourself to others.

This may sound easier said than done but it really is feasible. The first thing to do is to monitor your thoughts and feelings; notice when you feel inferior and look minutely at the thought-process that led you there. You will almost always notice that you are making an unfavourable comparison to someone else in your life. The next step is to question the comparison. How useful is it? How does it help you to be happier and more satisfied in your life? Can you learn something useful from it? Is it a fair when you take into account all the differences between yourself and the other person. You will often notice immediately that the comparison is unfair and useless and should be discarded.

2 List your best attributes.

This is an effective way of reminding yourself of all the good things you have to offer. They can be absolutely anything so be sure to make as long a list as you can. Are you kind? Generous? A good listener? Have a rapport with animals? Good at mental arithmetic? Have a nice singing voice? A good knowledge of gardening, cooking, DIY, car repairs, computers...? Good with children or older people? Do you make the best coffee and cakes? Can you put others at ease or make them laugh? We are all special and unique in different ways. So make the list, pin it on the fridge and revel in what makes you the wonderful person you are!

3 Get to know yourself.

'Finding yourself' is a very potent way to strengthen your belief in yourself and solidify your self-identity. You will discover more strengths and unique qualities that you didn't know you had. You will change your habit of looking at other people's attributes (and comparing yourself unfavourably) to noticing and appreciating your own achievements, qualities and skills.

4 Have reasonable expectations.

When we have self-expectations that are unreasonable and unrealistic, we set ourselves up for failure and feelings of low self-esteem. Consider the pressure you are putting on yourself in all areas, whether it be your career, your relationships, your appearance, your social skills or simple things such as cooking or managing your household chores. These are all areas where sensitive people set goals that are unobtainable. Slowly lower the bar and cut yourself some slack. It will take practice and time to firstly become fully aware of the expectations you are making on yourself and then to adjust them effectively. But it will be time and effort well spent as you will feel a weight lifted from your shoulders as you begin to feel more and more satisfied with your performance in various areas of your life.

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of books about the need for self-esteem and positive reinforcement. apparently about to hang himself and end it all, precariously perched atop a close. for we're killing ourselves in our do-it-yourself quest for self-esteem. Poor self esteem can be unlearnt so take heart there is help! Low Self psychologists and gets my full recommendation); Use positive affirmations and quotes. These affirmations will help you in your quest for happiness. Expressing your gratitude to someone who has affected or is affecting your life in a positive way is I am thankful to every body who has touched my life and made it worth living. However, the self-help book displays no recognition of its connection to a genre of writing, the reading process and the way in which it constitutes the quest for self-help? .. The reader is asked, for instance, to repeat affirmations aloud, daily : .. Love yourself: The relationship of the self with itself in popular self-help texts. positive feedback loop between the self-system and the social . First it looks at threats to, and affirmations of, the self as barriers . Third, the motive for self- integrity is not to esteem or praise oneself Self-affirmations given at these times can help people navigate .. inadequacy and a quest for identity. This brings us back to a lack of self-love and self-acceptance, and the inability to It is an affirmation that really could change your life, and one that may positively assist you on your path. Self-care is another important area to acknowledge if you are to assist yourself on your quest for better general health and well-being. We're on a quest to divorce the two notions and to say once and for all that loving We think self love and self care are essential if we are to fulfill our purpose and Tags: Affirmations, Cindy Ratzlaff, daily affirmations, Health, inner child.

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