

INDIVIDUAL ASSIGNMENT

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Low self-esteem is the result of a long chain of events, incidents, beliefs, and self-criticisms that are not easy to let go of. Here we will see how affirmations can be useful as a cure for low self-esteem.

According to experts, self-esteem can be broadly divided into two kinds –

- **Global self-esteem** – This is a fixed self-assessment of how we view ourselves in relation to the environment we live and work in.
- **Situational self-esteem** – This is a self-assessment on what we do, how we perform a task, and how much appreciation or criticism we get on our results. Depending on these responsibilities and circumstances, self-esteem fluctuates from high *while getting praise* to low *while facing criticism*.

Affirmations

Affirmations are encouraging statements about yourself that are either true or have a strong possibility of being true. Affirmative thinking helps to stop negative self-talk and increase self-esteem. A dose of affirmative self-talk every day can ingrain them as your feelings and beliefs.

Self-Esteem Values

Using affirmations to replace negative thoughts like "**I am useless at this job.**" with "**I might make mistakes but I will learn fast.**" not only counters negative thoughts but also makes this positive thinking a part of your thought process.

Counter any negative thoughts coming to your mind when in an unfavorable situation, by giving yourself a positive message. The following affirmations can help you to work toward building a positive self-image –

- People respect me.
- People enjoy my company.
- I am confident of my skills.
- I am caring and my family loves me.
- I can handle relationships and work well.
- I am friendly and give positive vibes.
- I love the way I am.
- I love the way I look.

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