More Tips For Strengthening Self-Esteem

- Avoid being judgmental. If a lot of your interactions with others are criticisms, put downs, complaints, or judgments, it may be keeping others away. For some people, a judgmental attitude comes from low self-esteem, which they try to overcome by criticizing others. Work on viewing others more positively.
- Take risks. There is nothing quite like accepting a new challenge and developing new abilities. If you don’t try, you can’t grow.
- Take pride in your achievements. Even small accomplishments can help build your self-respect.
- Remain flexible. Change isn’t easy and takes time. Allow yourself and others room to grow and to make mistakes.
- Learn to deal with mistakes. We all make them and we all need a way to cope with them. When a mistake is made, try to fix it, and try to learn from it. Forgive yourself, and move on.
- Seek professional help. If you need help going through these steps, or there are other issues interfering with your self-esteem, seek out trained professionals to help you make progress with improving your self-esteem.

Where I Can Get Help to Improve Self-Esteem?

For OSU Students:

- Enrolled OSU students are eligible for counseling services from the OSU Counseling and Psychological Services (CAPS). For an appointment call 737-2131, or stop by Snell Hall, 5th floor. CAPS Groups: Call 737-2131 or visit our website for a list of current groups being offered this term.
  http://oregonstate.edu/counsel/

For Non-Students and Students:

- Benton County Mental Health Division
  530 NW 27th, Corvallis, OR 97330. 766-6835

Our Commitment to Diversity

We are strongly committed to affirming diversity in a broad sense, to treating all with dignity and respect, and to opposing discrimination, prejudice, and oppression.

“No one can make you feel bad without your consent.”
- Eleanor Roosevelt

This publication will be made available in accessible formats upon request. Please call 737-2131 for further information. 05/21/2008
What is Self-Esteem?

Self-esteem is based on the thoughts and feelings you have about yourself. These can be positive, negative, or accepting. High self-esteem is reflected by positive thoughts such as “I’m smart, attractive, and interesting.” These thoughts can help you feel effective, capable, and lovable. Low self-esteem is reflected by negative thoughts such as “I’m ugly, stupid, and boring.” These thoughts can make you feel worthless, unlovable, and incompetent. People with high self-esteem accept and like themselves.

How Does Self-Esteem Develop?

Self-esteem develops and changes over the course of your life. Experiences and relationships with family members from birth until the present were strong influences. School experiences also contribute to self-esteem. Relationships with childhood and adult friends helped to form your self-esteem, as do experiences with work and career.

In general, positive experiences and relationships contribute to high self-esteem, while negative experiences contribute to low self-esteem. Self-esteem continues to change throughout life as a result of new relationships and experiences.

How Does Self-Esteem Affect My Life?

Self-esteem has a strong influence over your life. It affects how you think, act, and feel about yourself, and influences your relationships with others. It can affect your performance in school and work, as well as influence how successful you are in achieving your goals.

Can Self-Esteem Be Improved?

YES! YES! YES! Do not let past experiences determine your life. You owe it to yourself to learn to accept and enjoy who you are. You are a unique individual. There is no one just like you. Be proud of that.

How Can Self-Esteem Be Improved?

Below are ideas you can use to improve your self-esteem.

- Learn to identify and accept your strengths and weaknesses. Remember, no one is perfect and you don’t have to be perfect either. Self acceptance is the single most important factor to increase self-esteem.
- Set realistic goals for yourself, and write down steps to work toward these. Work on them one small step at a time. Be patient, and don’t give up!
- Learn to trust your own feelings and intuitions.

How Can I Help Others Improve Their Self-Esteem?

- Listen to them.
- Don’t put anyone down.
- Be patient with the weaknesses and mistakes of others.
- Offer encouragement and support.