

Build Your Self Esteem

Some people seem to have been born with a great deal of self-confidence. This is not really the case, although a healthy self-esteem does stem from childhood. Young children who are influenced by caring parents and other adults who take the time to instill a sense of self worth will grow into confident adults.

Children who do not grow up in a positive atmosphere, will likely suffer the pain of low self-esteem in adulthood. They will feel badly about themselves and lack the confidence needed to realize their goals and dreams. The worst part of all is that low self-esteem is totally false. Every person is someone special, with unique talents and gifts that no one else can offer.

Convincing a person of low self-esteem that they are special is not easy, but it is essential in rebuilding his or her sense of self worth. How we view ourselves, and our accomplishments, will ultimately determine how we act and react in everyday situations. If we expect people to think of us in a negative way, it's almost certain that they will. On the other hand, if we think people should value us, they most likely will. Treating ourselves with respect will encourage others to hold us in high esteem.

Building self-esteem is not always easy to do, but there are tools and programs available to help. Some people choose to acquire and use self-help books, videos, tapes and CDs. Others seek professional counseling. Improving self-esteem starts with changing the way you think about yourself. By reducing negative thoughts and increasing positive ones, you will naturally build your confidence and your sense of self worth.

It can take time and hard work to let go of negative childhood influences and rebuild self-esteem. With help and patience, anyone can improve their self-worth. The effort will be rewarded with a greater sense of value and the confidence to meet goals and strive for bigger and better things.