

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.

**What
is Self
Esteem?**



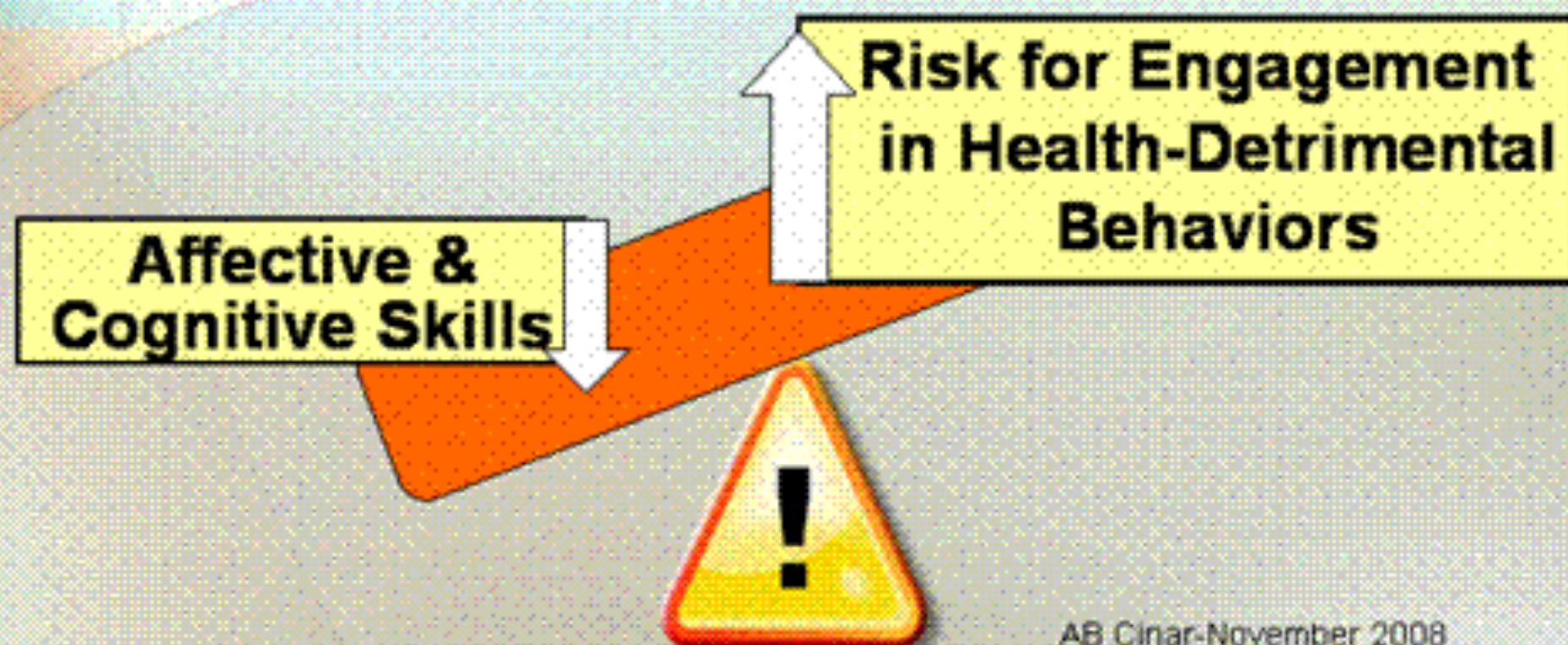
What is Self Esteem?

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- 1- 95% of population have inferiority
- 2-Low-self esteem underlies so many disorders
- 3-Childhood and adolescence are very important phases for cultivating positive self esteem



Self-esteem & Self-efficacy



What is Self Esteem?

4-Many ask themselves:

Am I competent ,Am I
Intelligent,

Am I attractive and
they got so hurt!!!!



Self Esteem



- 5- Ideal self based on aspiration which might be
 - realistic
 - too low
 - Too high

What is Self Esteem?

- 6-Self esteem **is the subjective evaluation** of one's worth
- 7-Self-Esteem
=Real Self minus
Ideal Self

$$\mathbf{SE=RS-IS}$$



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- **8-Indicators of Self Esteem**

- a-Locus of control**

- actions and internal abilities

- vs external factors

- b-Self-efficacy or Self confidence**

- 1-The conviction that someone can execute a behaviour which leads to a desired outcome

- 2-the ability to make a difference in a situation



What is Self Esteem?

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- 9- Self-esteem is the essential ingredient for a healthy personality, sense of Self worth
- Underlies how well we function in every area of our life eg: Our thinking

Our behaviour,

Our career,

our relationships with God
and others



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10-Self esteem shapes our attitude in facing challenges of life

- Unfortunately some misunderstand positive self-esteem and equate it to pride, arrogance and self centeredness.
- Actually these are signs of low self esteem and of not Knowing our value and worth in the eyes of God

