



Lesson 6

HOW TO DEVELOP YOUR SELF-ESTEEM?

The experiences you learn in your life interacting with the people you live and spend your time with are the two most important factors that develop your self esteem. Your loved ones like your family and friends and close acquaintances such as your teachers, coaches, etc are the guiding force that makes you believe in yourself.

Just take a while, think and write down answers to the following:–

- Other than family, who else influences your self-esteem?
- Who has the most influence on your self-esteem?

Comparing self to others?

It is one of the fallacies of human nature that every one of us tends to compare self with others. This is a really bad habit as it is one of the prime reasons of development of a negative self image. It is

really unrealistic to compare yourself to others. For example, almost all young girls compare themselves to movie actors who have a fabulous figure, perfect skin and are popular too. Although the girls aspire to be like their idols and try to copy the diets, clothing style and other aspects of the lifestyle of their idols, sooner or later the negativity sinks in and they start belittling themselves. Their self perception becomes completely negative and they start believing that they cannot ever be as good as "the movie star".

We must always remember that however well we are doing in our chosen fields in life, there is always a great probability that someone out there is "better than" us. Alternatively, even if we are in the worst phase of our life, there might be at least one person who might be "worse than" us.

Therefore always keep in mind that thinking negative won't ever help. All it does is:-

- You waste a lot of time thinking about it
- You waste a lot of your energy thinking about it
- You end up feeling bad about yourself

Therefore it is imperative that we understand that each one of us is different from the others. We are all unique and should never try and compare ourselves with any other human being on this planet. I think you would agree that if we were not different from others, life

would become monotonous and boring seeing copies of yourself all around you. Where would the variety come from?

Always keep in mind:

- ❖ Do not let anyone compare you to other people
- ❖ Never encourage people to belittle you – Always tell them to stop if they start making fun of you
- ❖ You are the only one of your kind and there is no other person like you. No one can be as good at being you.
- ❖ You are the best person to represent YOU and there can never be any substitute

An Exercise – Comparing Yourself to Others

Instructions: Answer the questions.

Have you ever made yourself feel bad by comparing yourself with others?

Yes No

Is it good to compare yourself with others?

Yes No

Why not?

What can happen when you compare yourself with others?
