

# Achieving Self-Esteem

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# Exercise

My self-esteem...

My number at this moment is....



Minimum



Maximum

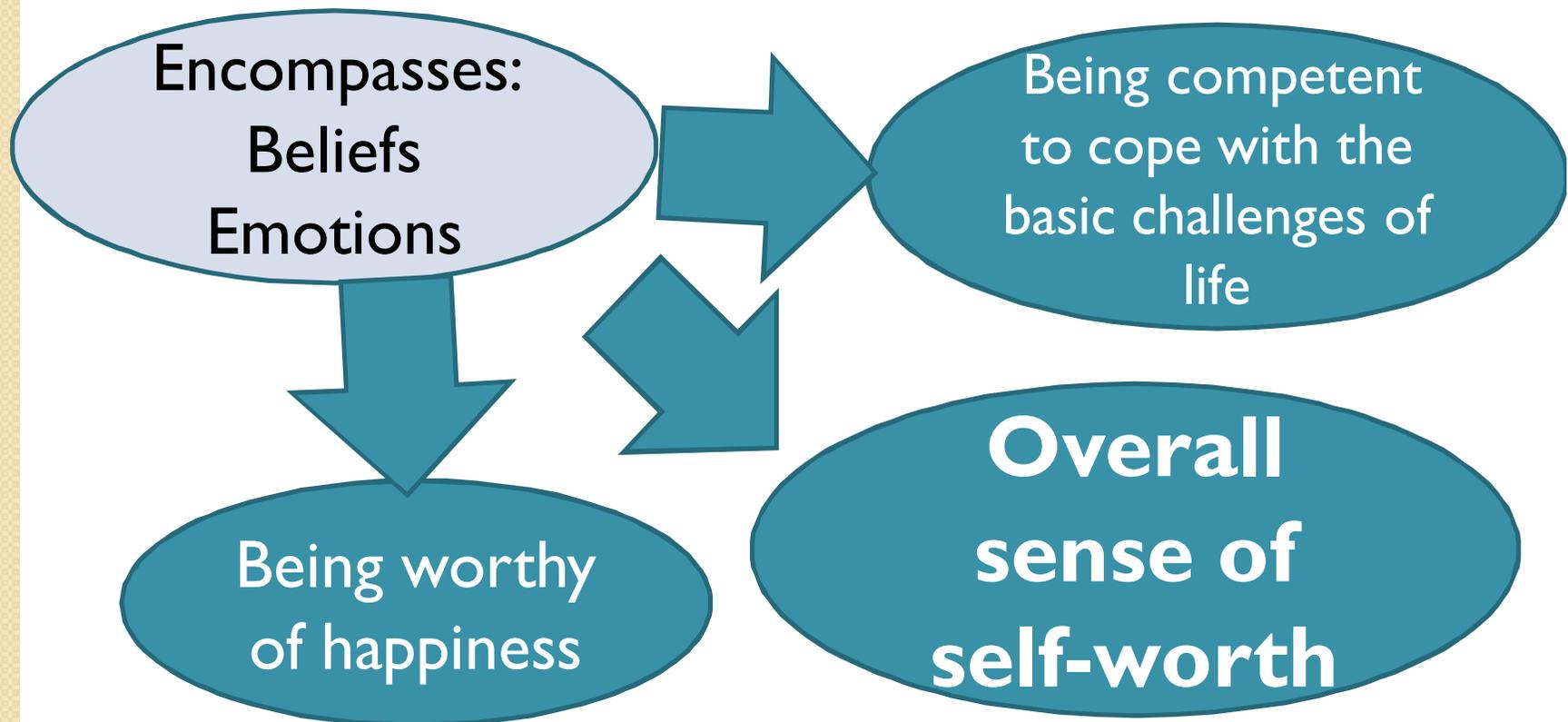


**What kind of Information did you used to answer the question?**

**What was the origin of that information?**

# What is Self-Esteem?

how we evaluate Ourselves





## To think about...

- How do you describe yourself?
- What words do you use?

# Low Self-Esteem

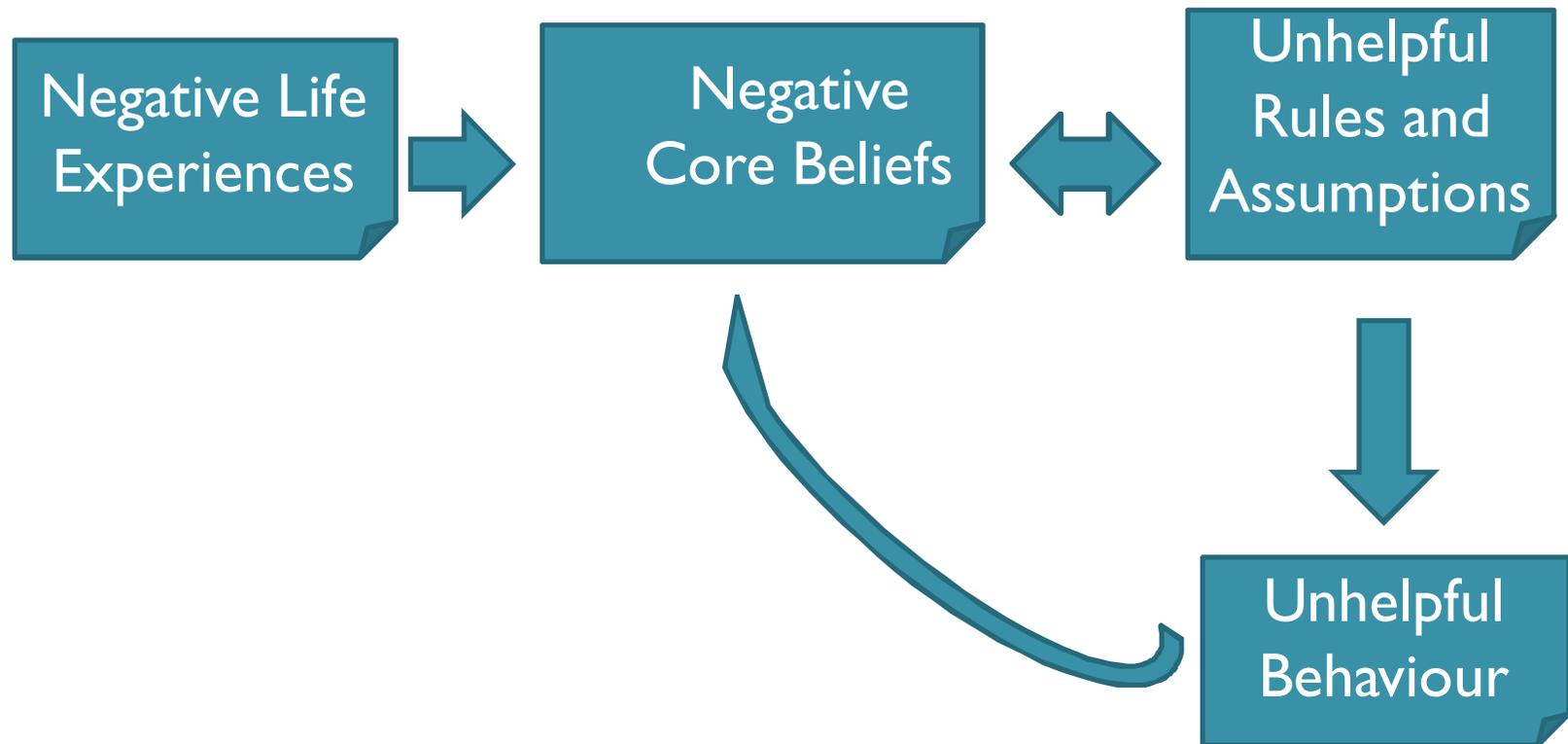
...is having a negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person.

- I am ugly.
- I'm not good enough.



Can have a negative impact on  
our life

# Model of low self-esteem



# Unhelpful Behaviours

- I am not able to perform my job well because of my symptoms of scleroderma.
- I will be rejected.



Will affect how we behave



Will confirm our fears



# What to do?

**Challenge yours expectations!**

- Remember that our thoughts and expectations are often opinions we have picked up or learned, rather than facts.
- They can be questioned, and should not be something we just blindly accept if they are causing us distress.



# Accepting ourselves

- Think about
  - positive qualities,
  - positive outcomes or
  - positive comments from others
- Stop thinking about what we are not able to do and start thinking about what we are capable of.
  - For example: Instead of thinking "Sometimes the symptoms of scleroderma interfere in my work" start thinking: "Despite having scleroderma, I am able to work."



# Focus on your positive qualities

- What do I like about who I am?
- What characteristics do I have that are positive?
- What are some skills or talents that I have?
- What do others say they like about me?
- What are some attributes I like in others that I also have?
- If someone shared my identical characteristics, what would I admire in them?



**What makes me special?**



# Healthy Self-Esteem

- To **know** ourselves
- Identify **skills**
- **Learn** from experience
- Treats ourselves well, with **love** and **care**
- Believe that we are **special** and deserve to be **happy**
- Believe that we are able to be **happy**
- Every day do something that is **pleasant!**
- Learn to appreciate physical appearance
  - Scleroderma causes changes in body image!
  - **Stop** thinking about appearance before the disease!
  - Look at ourselves in the mirror and appreciate how special we still are.



**What Matters Most  
Is How You See Yourself**



# How to deal with “the others”

Sometimes others behaviors hurts, BUT

**Isolation is not a solution!!!**

If we can't change others, we have to choose others

- 57% reported “Preoccupation with parts of the body considered not attractive”
- 34% reported “Avoidance of things due to the disfigurement by scleroderma”

◦ (Leite & Maia, 2011)



...

- Think openly and critically about feedback from others

But don't forget that What we think about ourselves is up to us!

- “When I go to a public place people stop and stare looking at me”



So What???

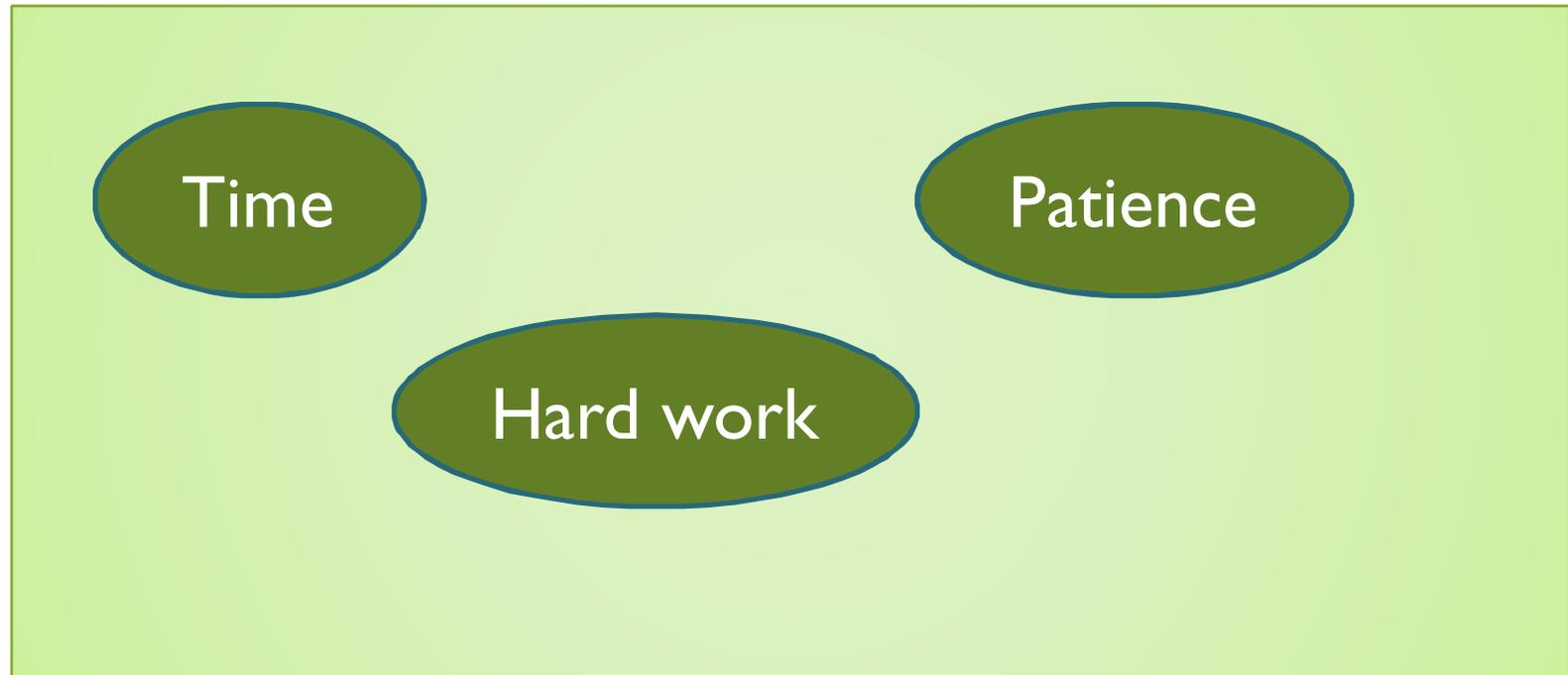
- It's a fact that we are different....
- People can look for a 1000 reasons!

- 
- All persons have people around that is no helpful and can't deal with the disease
  - Choose people who care and support for who we are



**Its possible to increase  
Social Support**

# Achieving Self-Esteem takes...



... but it can be done!!



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- Thank you!!



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