

SELF-ESTEEM

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Methods to Increase Self-Esteem

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6 Methods to Increase Self-Esteem

It is deplorable to realize that low self-esteem is a self-imposed limitation and believes.

Having a lousy perception about yourself, what you do, and who you are is the primary cause of low self-esteem (Daskal, 2017). When one continues to have such feelings, the level of motivation goes down, and at this point, it becomes easy to spiral down into negative cycles. Erroneous beliefs start hovering in your mind and keep you under circular thinking, which leads to self-damage. Consequently, there is a high tendency of losing hope and having a desperate and solitude life. As such, chances of self-development are minimal, and life becomes unworthy of living. The method of overcoming all these issues is the topic under question that this paper aims to resolve.

To begin with, one should stop having an inner critic. As a way of raising self-esteem, one should learn how to handle and replace inner critic. Every person has inner critics that influence one to do things that will attract acceptance to other people around you (Edberg, 2019). However, this might bring your self-esteem down since the inner critic usually whispers sabotaging information about you. For example, it might tell you that you are the ugliest and worst person in your group, or you are the weakest employee in your job, and anytime you might be fired. These kinds of thoughts are worse, and they should not be condoned. One should say stop to such thinking and instead start thinking positively and coming up with better ideas such as planning the tactic for the next soccer game, or come up with a recipe for the dinner (Orth et al., 2014). With time, such practices will significantly suppress the inner critic and, at the same time, increase the level of self-esteem.

Secondly, one may adopt healthy motivational behavior as a way of improving self-esteem. Some of this behavior include reminding yourself of the benefit of something. For

example, one can decide to enhance body shape, make a lot of money and travel around, and experience beautiful things. Also, one can focus on the things that he or she like to do. If there is something you want to do, then there is a tendency to get motivated to do it (Feddes, Mann, & Doosje, 2015). For example, if you admire to ride a bike, automatically it becomes easy to resist inner critic and work toward achieving it. Thus, when you lose self-esteem, it is advisable to ask yourself whether you are doing what you like to do. Having such behavior, chances of low self-esteem becomes minimal, and at the same time, a room is created for self-improvement.

Thirdly, one should take a break of about 5 minutes for self-appreciation. This habit is amusing and simple. According to research, if one can manage to spend just 5 minutes of appreciation every day for two months, then there is no doubt that it will result in a significant difference (Orth et al., 2014). Study shows that a better way of doing it is to have a seat, take a deep breath and exhale slowly. During then, you can ask yourself about the things you wish to appreciate yourself for. Some of the things you can revolve about include, I was able to help an older man climb the stairs, I contributed to support the orphan in joining high school. I managed to bring laughter today at the workplace that made colleagues forget their problems. Such simple things are worth self-appreciation, and they significantly build self-esteem (Fox & Lindwall, 2014). They don't need to be big things but the positive ones that are capable of turning a negative mood away. Therefore, self-appreciation as an excellent approach to increasing self-esteem.

The fourth method involves overcoming perfectionism. Perfectionism is one of the few thoughts that can significantly destroy your self-esteem (Feddes, Mann, & Doosje, 2015). Perfectionism can hinder you from doing something since you are afraid of failing to meet the standard or the expectations. As a result, you end up procrastinating and fail to meet the target.

Else, you may decide to do something, but you hardly achieve what you want. Under such a situation, your self-esteem sinks so deep upon evaluation of your performance. Self-hatred arises, and the feelings regarding yourself become negative. Consequently, the ambition of self-motivation plummets and end up not doing it. At this point, it would be good to reconsider your potentials and expectations. For example, you can replace perfection with a good enough (Orth et al., 2014). In this case, when aim for a perfect result in something, and unfortunately fails to achieve it, you become disappointed and end up not finishing. It is therefore advisable to aim for the good enough instead. Avoid excuses and bear in mind that a good enough result is still acceptable and can keep you moving forward. Thus, perfectionism may lower your self-esteem, and it should be replaced with a good enough perception.

Finally, one needs to handle failures and mistakes in a positive manner. When you stumble and fail in an attempt to do something meaningful, you need to understand that that is normal and is okay. That is what people go through before becoming successful. In most cases, people outside don't know how many challenges and failures that successful people have gone through (Fox & Lindwall, 2014). When we fail on something, we need not go down but instead, take it positively and reexamine our tactics. We need to be our friend at such time and seek help from a friend or family members. From there, we can try and see if there is something we can learn from such failure and what opportunity we can get from such a situation (Feddes, Mann, & Doosje, 2015). We also need to understand that challenges are there to make us stronger and not to demote our self-esteem. With such information, chances of falling into despair are minimal, and one can get rejuvenated all over again.

In conclusion, we have found that self-imposed limitations cause low self-esteem. When you have negative attitudes towards yourself, you create room for low self-esteem in your mind.

There are many ways of improving self-esteem, which include suppressing inner critic, adopting motivational behavior, and having five minutes of self-appreciation. Also, we have found that replacing perfectionism with a good enough perception can increase your level of self-esteem. Finally, it is advisable to consider failures and mistakes in a positive way and understand that such situations are not meant to bring us down but to make us stronger instead.

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