

## Raising Self Esteem

Low self esteem is prevalent in all the people I've coached over the years. Raising your self-esteem will empower you in all areas of your life. We focus on raising your self esteem in this section because a lower self esteem is part of the reason you don't feel safe to be yourself socially.

What is self esteem?

Self-esteem is how you feel about yourself, and how confident you feel in your abilities. It is how much you love yourself and how worthy you feel.

Below is a list with 30 behavioural patterns common in people dealing with low self-esteem. Have a look over the list, and see if you can recognise yourself in some, or maybe all them.

*People with low self-esteem/low self-worth:*

- Are unsure of who they are and what they stand for
- Don't believe in their abilities and skills
- Feel that they're not good enough
- Feel undeserving of the good things in life
- Are perfectionists
- Fear making mistakes and disappointing others
- Have an intense fear of failure so they won't try new things
- Fear change and are reluctant to make decisions out of the fear of making the wrong one
- Are overly sensitive to criticism or disapproval
- Are constantly seeking approval and acceptance from others
- Put other people's needs above their own needs
- Often don't like themselves
- Are very self-conscious and seldom express themselves
- Avoid a lot of situations out of fear of judgment
- Put themselves down all the time
- When they accomplish something great or get a compliment they neglect it or say "it was just luck". When they "fail" or do something wrong they identify with it and claim it's just the way they are (they say "I'm a failure" rather than "I did not succeed at this immediately")
- Have addictive or compulsive behaviors (alcoholism, drug addictions, eating disorders etc.).
- Often won't take proper care of themselves
- Make mountains out of a molehill
- Are socially withdrawn
- Go into vicious negative thinking-loops and experience an overflow of negative emotions
- Have a constant sense of depression, inadequateness and uneasiness
- Have difficulty accepting compliments. They might feel ridiculed because they don't see themselves in that complimentary way
- Don't trust their own opinion. They constantly adjust it to suit others'.

- Intensely fear what others think of them and are really conscious of doing the socially accepted thing
- Have problems in dealing with anger. They cannot control it properly and are in denial of it impacting your life
- Wear a “social mask” because they are afraid people don’t like and respect their “real self“
- Fear arguments, lie and exaggerate to avoid disagreements
- Are overly serious

## **Beliefs Beliefs Beliefs!**

Negative core beliefs are what is causing the lower self esteem. Breaking down these negative limiting beliefs about yourself will raise your self esteem.

Common examples of these negative core beliefs are:

- I'm not good enough
- I'm not worthy/worthless
- I don't deserve to feel good
- I don't deserve to be happy and successful
- I am not OK
- There's something wrong with me
- I am unlovable
- I have to be perfect to be loved/accepted/safe
- I am bad
- I am guilty
- I am flawed
- Etc.

These beliefs that prevent you from accessing your natural high self-esteem are all learned somewhere. And a big part of them have their roots in early childhood (age 0-12), which you have addressed already earlier in the SCS.

However, aside from the negative repetitive experiences from childhood, there are likely some specific things that happened to you in life (S.E.E.'s) that either created new limiting negative beliefs, or reinforced old ones you formed during early childhood.

After all, we tend to repeat the patterns we learn in childhood.

Since you have already eliminated your childhood baggage, generally the deepest root of the negative limiting beliefs responsible for your lower self-esteem has been eliminated.

However, your early childhood hasn't been the only place where your self-esteem has been damaged. And while the root of your low self-esteem has been formed during childhood, other experiences in life have damaged your self-esteem as well.

Most probably there has been some experiences where you felt really bad about yourself and here were negative limiting beliefs formed, or the ones from childhood were reinforced.

With the following exercises you will start tackling these experiences from after your childhood that led to your lower self-worth.

**NOTE:** It is possible, and perhaps even likely, that as you answer the questions you are asked further down this article, that you will uncover a S.E.E. that happened during your early childhood. While you already have done the childhood baggage exercise, there might still show up a S.E.E. When this happens it just means that the childhood baggage exercise has made it safe enough for your subconscious to bring up the experience which you now can resolve.

## **Raising Self Esteem**

To have high self-esteem and feel worthy, it is of crucial importance that you *trust yourself* and that you *respect yourself*. If you do not trust and respect yourself fully right now then there are reasons for that; you lost it somewhere.

Every time we do something wrong or perceive that we do something inappropriate, or when we screw up or fail, or when we hurt someone else we lose self-respect and self-trust.

By you having eliminated your childhood baggage you might have eliminated a big chunk of why you might have lost your self-trust and self-respect. However, there are likely some Significant Emotional Experiences, or maybe periods of repetitive, similar negative experiences as well where you lost it.

The questions below help you uncover these, as well as some other possible negative experiences that troubled your self-esteem. Once you find these, you can neutralise the S.E.E. By getting rid of these negative emotions and beliefs you will raise your self esteem.

## **Instructions:**

1. Find a S.E.E. by answering one of the questions below. Do not relive the memory that you find yet, this part comes later.
2. Don't actually imagine the S.E.E. yet, but guess on a scale from 0-10 (0 = no emotion at all, 10 = most intense emotion possible) how intense emotion you would experience *if you were to imagine it*. A guess is simply that, the first thing that comes to mind, go with that.
3. Give the S.E.E./movie/memory/incident a name (If your guess in step 2 was higher than an 8 out of 10, give the movie a vague name. So rather "4th of July picnic" than "Uncle John molested me")

**NOTE:** If you go over one of the questions and to mind comes a period of repetitive, similar negative experiences (such as bullying) that happened over days, weeks, months or years, it is not one single S.E.E., but multiple S.E.E.'s.

In this case, use the "Bundling Baggage Bundles" article and the "Bundling Baggage" video to get rid of all of them at once. There might also be a S.E.E. from that period of repetitive, similar, negative experiences that stands out. If that is the case, then treat that separately as well.

## The questions:

- What is the worst that ever happened to you? The worst experience you have ever had. The one that if you could live life over, you would have wished this one didn't happen?

**NOTE:** I've had a lot of clients reply to me that they don't have regret or didn't wish for anything that would've been different, but that's not what this question is about. This question is looking for the absolute worst thing that happened, that you wish you could forget and never think about again.

**NOTE:** If you don't think you can handle treating this by yourself, I recommend working with an experienced EFT specialist. You can find the details for working with me on my site, and if you prefer to work with someone else, you can find a practitioner at [eftuniverse.com](http://eftuniverse.com)

- What experience/s caused you to feel bad about yourself? What is the earliest one that you can remember that still makes you feel bad when you think about it?
- Where have you felt really rejected/unaccepted?
- When, where and by who did you learn that you're not OK the way you are?
- What person or event made you feel really unaccepted?
- What experience/s did you have in life that caused you to lose respect for yourself? What is the earliest one that you can remember that still makes you feel bad when you think about it?
- What experience/s did you have that caused you to lose trust in yourself? When were you really disappointed in yourself? What is the earliest one that you can remember that still makes you feel bad when you think about it?

Write down the S.E.E.'s that you uncover as you answer these questions. Finish the sentence below to make easy titles for your S.E.E.'s:

“The time when...”

- Wendy caught me cheating
- I failed to read out loud in class
- That guy called me a loser
- Etc

This will give you a list that might look something like this:

1. I froze up in class 9 out of 10
2. Harry made fun of my virginity 6 out of 10
3. Ramona rejected me in the club 7 out of 10
4. The teacher called me a dumbass 5 out of 10
5. Tony slapped me in the face 7 out of 10
6. I blushed when Jerry mocked me 10 out of 10
7. I froze up when I had to introduce myself 10 out of 10
8. Mom scolded me in front of the family 8 out of 10
9. Mom hit my sister 5 out of 10
10. Dad made fun of me in front of my crush 10 out of 10

Once you have your list of S.E.E.'s, organise them from highest emotional intensity to lowest emotional intensity:

1. I blushed when Jerry mocked me 10 out of 10
2. Dad made fun of me in front of my crush 10 out of 10
3. I froze up when I had to introduce myself 10 out of 10
4. Mom scolded me in front of the family 9 out of 10
5. Teacher mocked my ears 9 out of 10
6. Tony slapped me in the face 8 out of 10
7. Ramona rejected me in the club 7 out of 10
8. Harry made fun of my virginity 6 out of 10
9. Mom hit my sister 5 out of 10
10. The teacher called me a dumbass 5 out of 10

Once you have your list, pick at least 3 of the most intense S.E.E.'s (or period of repetitive, similar negative experiences) and eliminate/change them in the way you are familiar with.

These S.E.E.'s have damaged your self-esteem. By cleaning them up you are raising your self-esteem!

**NOTE:** I am giving you a suggestion by doing at least 3 S.E.E.'s, but if you know there are probably more to do that made a big impact, then I suggest following your own intuition and clearing as many as you think are necessary.

Take comfort in knowing there's a generalisation effect that takes place once you treat a few S.E.E.'s.

See : <http://www.emofree.com/eft/generalization.html>