

Self-Esteem

35 Shortcuts to Self-Esteem

Examining Your Self-Esteem

How does your self-esteem weigh in??

How to Combat Low Self-Esteem in Yourself...

How Would *You* Define Self Esteem in the Greek World?

Self Esteem is...

Self-Esteem Link

Something to Think About

Symptoms of Low Self-Esteem

Trying to Win Approval of Others

Where Does Low Self Esteem Come From?

35 Shortcuts to Self- Esteem

1. If you must examine your faults, do so with a mirror, not a magnifying glass—in other words, don't allow them to assume overwhelming proportions. Restate "I'm buried in debt" as "I owe \$900 on my credit card."

2. Is there a too small outfit that nags you every time you open the closet door? Get rid of it or store it out of sight.

3. Learn to do without the word *should*. *Shoulds* are often the expectations of others drilled into our mind at an early age. Instead of telling yourself "I should have finished that report on Friday," substitute the word could.

4. Rethink your "mistakes" as opportunities to know yourself better. If the lessons learned will help you to prevent future setbacks, the mistake served you well.

5. Next time somebody compliments you, don't automatically protest. Graciously accept.

6. Discard the myth of perfection. Nobody does everything perfectly, not even Martha Stewart.

7. Endless brooding never fixes the situation. To let go of something that's eating at you, give yourself 15 minutes of worry time and then move on.

8. Never compare yourself with others; the point is to improve your own performance.

9. Keep a written list of all your accomplishments, however small. Next time feelings of inadequacy threaten to dampen your spirits, you'll have an umbrella.

10. Give yourself time to feel good. When you reach an objective, allow for a period of celebration before going on to the next goal.

11. Keep a journal to validate all your thoughts and feelings. They matter.

12. Spend time with a friend who cares about you—and lets you know it. Friends are crucial for self-esteem, say experts, because they make up your "psychic family"—an important source of support and objectivity.

13. Give yourself a gold star. Pat yourself on the back. It may seem silly, but visual, tactile or other sensory cues send the message that you did something praiseworthy and have acknowledged it.

14. Count your blessings. Make a list of all the people and things in your life for which you are grateful. Recognizing that you are deserving of all these good things will make you feel good about who you are and what you've done.

15. Affirm yourself that you are brave as well as likeable. Next time you're tempted to say hello to the person next to you in line, go right ahead. Most people are afraid to share even that much of themselves for fear others won't like them. But give it a try and you'll see how much they appreciate your efforts.

16. Become more interesting by being more interested (in people, current events, etc). Send wacky or appropriate news clippings to a friend. Join a book discussion group or conservation club. Write more postcards.

17. Give yourself a pep talk. Encourage yourself just as you do your best friend, or as a best friend would do for you.

18. Look at old photographs and reflect on the richness of the events or relationships depicted and how they enhanced your life. Then plan how you can add more of these events or relationships to your life.

19. Wake up happy. Begin each day with a fun routine. Sing in the shower! Dance! If you're not already in a cheerful mood, your favorite upbeat tape or CD will get you there; load it into the stereo the night before.

20. Add a good picture of yourself, in a beautiful new frame, to a special spot reserved for pictures of people you love.

21. As you break a negative habit, replace it with a positive one. Otherwise your life will seem emptier even though you made a change for the better. If you kick your daily lottery-playing habit, each day put the money saved toward a weekly bouquet of flowers just for you.

22. Don't wait to get sick to take care of yourself. Order a salad for lunch. Sign up for an exercise class. Snack on fruit instead of junk food.

23. Escape from the ordinary. On a clear day rent a convertible and ride with the top down. Park near an airport runway and watch the planes take off and land.

24. Clean out your closet, attic or storage room and pass on items you no longer use to those who can appreciate them. It's amazing how, by getting rid of those old associations, you make space

for wonderful new possessions, thoughts and even experiences.

25. Redecorate the room you spend the most time in. Turning your cluttered favorite area into a beautiful home makes you feel more deserving, cared for and special.

26. Learn a new skill-- dancing, preparing a spa cuisine, or in-line skating. You don't have to master it fully to have a sense of daring and accomplishment. Learning the basics will give you a taste of success.

27. Spend a weekend at a deluxe hotel and have breakfast in bed.

28. Get yourself a fabulous new haircut.

29. Go for a walk and enjoy nature.

30. Take risks. You'll accomplish more and you'll feel good about being brave.

31. Make yourself a "treasure map" of what you want to create in life. Cut out or draw pictures of the things you want (a cat, a home, a child, a garden retreat) of the things you want to do (travel, learn tennis, do volunteer work) and of words or images that represent qualities you want more of in your life (love, sharing, romance, adventure). Make a collage of these pieces and place it where you

can view it often, perhaps inside your closet door or on your refrigerator.

32. Set small, incremental goals that are easy to meet. Don't say, "I'm taking charge of my career." Instead, resolve to order a course catalog from your community college or to join a professional group. You'll feel so good about the results that taking the next steps will be easy. Don't forget to reward yourself along the way.

33. Start each morning with a vision of yourself doing all the right things at work, at play and at home. Mentally rehearse the act of winning, just as professional athletes do.

34. Even if you're not feeling confident, act as if you are. The time will come when you realize you're no longer faking it.

35. Affirm your power to change--or to remain the same. If you aren't ready to give up a bad habit such as smoking or compulsive eating, accept that at this time you consciously choose this behavior as a method of coping, and that you can eventually choose to replace this destructive habit with a healthier one. This reinforces that you control your future and can shape it in positive ways.

--from Claire McIntosh,
McCall's.



"An individual's self-concept is the core of [her] personality. It affects every aspect of human behavior. The ability to learn, the capacity to grow and change, the choice of friends, mates, and careers. It's no exaggeration to say that a strong positive self-image is the best possible preparation for success in life." DR. JOYCE BROTHERS

Feel Better...Now!

Maintaining a healthy self image is not always easy. Here are some tips to help you feel better about yourself—now!

1. Take inventory. Write down your blessings, your accomplishments, and your goals and dreams. Pretend that you are your very best friend. Step outside of yourself and look at yourself through a loved one's eyes. What would that loved one say about you? What would your best friend say are your positive qualities?

2. Picture yourself as you want to be. If you can bring yourself closer to the image of the person you'd like to be, you'll do wonders for your self-esteem. For example, if you've always wanted to be an organized person, start working toward that picture by making small changes. Tell yourself that you will accomplish one thing on your "to do" list each day from now on. This little accomplishment brings you closer to being the organized person in your mind. If you want to be more organized, then ACT like an organized person would. Small changes lead to a better self-image and higher self-esteem.

3. Say your name more often. Volunteer your own name first in every telephone call and whenever you meet someone new. By paying value to your own name in communication, you are developing the habit of paying value to yourself as an individual.

4. Sit in front. When you attend a meeting or a class, always sit in front. You are better able to listen, learn, and interact with the speakers.

5. Walk with confidence. Make a conscious effort to walk more erectly in public. Use a relaxed, but more rapid pace. Research proves that confident people walk more briskly.

6. Accept a compliment. When anyone pays you a compliment, accept it with a simple, "Thank you." Don't make excuses for yourself.

7. Keep a "what I did" list. You probably already keep a "to do" list, but do you keep a "what I did" list? Start keeping a "what I did" list right next to your "to do" list. Include your daily accomplishments in this list. Don't forget to write down the things you do on a regular basis, like cook dinner, dress children for school, wash clothes, etc.

8. Feed your mind. Get interested in new people and places. Subscribe to a news magazine. Join a discussion group or travel club. Get excited about learning new things!

9. Use affirmative language. When you talk to others about yourself, use positive language. What you say about yourself is subconsciously being recorded by others, but more importantly, it's being recorded by your own self-image.

10. Look your best. You can't like yourself inside if you don't like yourself outside. Make an effort to present yourself in the best way possible at all times. Feeling good about the way you look has a direct effect on your self-image.

EVERY PERSON'S BILL OF RIGHTS

1. The right to be treated with respect
2. The right to have and express your own feelings
3. The right to say "no" and not feel guilty
4. The right to change your mind
5. The right to feel and express anger
6. The right to be treated as a capable human being and not be patronized
7. The right to have your needs be as important as the needs of others
8. The right to make mistakes
9. The right to ask for assistance or help
10. The right to make your own decisions and take responsibility for the consequences of those decisions

Laugh: It's Good For You!

"Laughter turns off the emergency stress system, promotes healing, lights up our faces, relaxes muscles, restores objectivity, and enhances hope." It is a perfect positive addiction, according to Careertrack Seminars in its workbook, "For women only: Stress Management Strategies."

Humor has mood-altering affects. Subjects were given a frustrating task in a study done by Dr. Ashton Rice of the Mary Baldwin College in Virginia. Those who read cartoons first approached the task with renewed energy and enthusiasm. Those who did not read cartoons first were simply frustrated.

Verbalizing Feelings is Important

Talking about any feelings—anger, joy, jealousy, even downright orneriness—is difficult because feelings are nonverbal experiences. This difficulty can be compounded for people who are recovering from years of numbing their internal world through chemical abuse or other behavior.

But naming and talking about feelings is an important tool for getting along with other people and for understanding our own reactions to events. Furthermore, it is a skill that can be learned and practiced.

Three simple steps can help break the barrier between our emotional world and verbal world so we can communicate in a healthy way the range of emotions that make us human.

1. Name the feeling. To name something is to acquire understanding and power. People with a chronic illness search first for a diagnosis—a name. Even when there's no cure, to be able to say, "I have multiple sclerosis," or "I am alcoholic" is to reduce the mystery and begin coping.

The same principle applies to feelings. Our first task is to build a feeling vocabulary. Mic Hunter, a therapist in Minneapolis, lists 10 key feeling words: afraid, shameful, proud, guilty, glad, lonely, hurt, sad, grateful, mad. These are simple words, yet descriptive. And because they're simple you can easily reach for them when you're drowning in an emotion and gasping for words.

2. Express the feeling. Naming a feeling may be easy for some people. Expressing a feeling can require more skill. Suppose you're angry at your boss. Do you stalk him, advance slowly, and then scream "Get lost?" Not if you want your job.

A better way, says Hunter, is to model this statement: "I feel mad because the deadline for that report was too tight." Instead of blaming anyone, start by stating what you feel ("I feel _____"). Use one of the words from your feeling vocabulary. Then say

what event triggered that feeling, and be specific ("I feel _____ because _____").

Communicating a feeling this way avoids judging or blaming a person for something you alone are experiencing.

3. Assess the feeling. Feelings are an internal barometer for our reactions to people and events. As such, feelings can judge and praise, blame and justify. They may be realistic or unrealistic. "The idea that feelings are sacrosanct, that they're neither right nor wrong, is a myth," says Rock Stack, manager of Hazelden's Clinical Pastoral Education Program. "Feelings, like thoughts, are open to assessment."

At bottom, notes Stack, feelings are rooted in beliefs. If you believe that the world is an unsafe place to be, you will experience fear. But the emotion of fear does not justify the belief that the world is unsafe. Sometimes, uncovering the belief behind the emotion can help you understand your reactions to situations.

Some deeply rooted beliefs surface again and again. A person who feels shamed by her parents, for example, may feel miserable every time she sees them. She can start by recognizing her shame at those moments and expressing it. When we name, express, and assess our feelings, we loosen the chains and start to unlock from unskillful patterns.

It's just as important, though, to express our joy, laughter, and excitement. Getting at our anger and sorrow helps us heal. Voicing our pleasure sustains and completes it. Revealing both kinds of feelings connects us to other people.

Accept Yourself

According to Denis Waitley in *Psychology of Winning*, it is important to have a "deep-down" feeling of your own worth if you are to be a winner. Winners accept themselves as imperfect, changing, growing, worthwhile persons.

A winner realizes that liking herself in her own special way is NOT necessarily egotistical. The winner takes pride in what she accomplishes and enjoys the unique person she is. Waitley states that "most successful people imagine and believe in their own worth, even when they have nothing but a dream to hold on to." Self-esteem is essential for happiness.

Ask yourself these questions: Do I accept myself just as I am today? Is there anyone I envy or would like to trade places with? Do I feel guilty every time I indulge in some selfish activity? Do I accept compliments easily?

No one can make you feel inferior without your permission. Liking yourself is one of the first steps to success.

Sources

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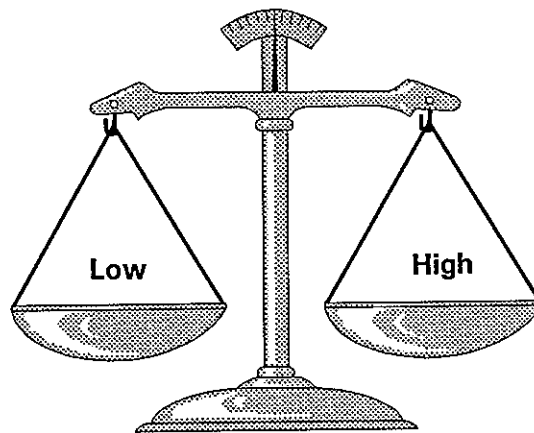
Recommended reading:
Ziglar, Zig. *See You at the Top*, Gretna, LA: Pelican Publishing Company, 1986.

Recommended listening:
Waitley, Denis. *Psychology of Winning* tape series.

**"What lies behind us and what lies before us
are tiny matters compared to what lies within us."**

RALPH WALDO EMERSON

How does your self-esteem weigh in??



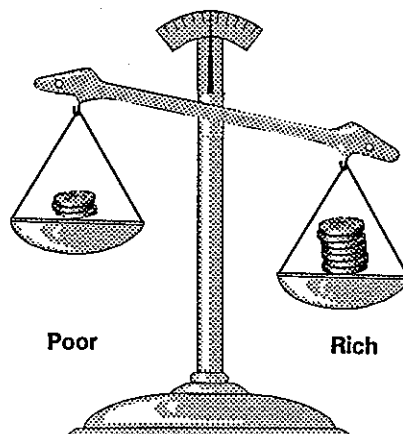
What is it???

"The experience of feeling that you are worthy of happiness and capable of managing life's challenges," is the National Council for Self-Esteem's definition of self-esteem. A helpful analogy is the comparison of self-esteem to poker chips. Imagine that in the game of life you received a stack of poker chips at birth. You receive 10 chips and Sissy, born on the same day, receives 100 chips. Who do you think will play more outrageously in the "game"? Who do you think will play more cautiously?

People with small amounts of chips in life will take less chances. They will try to control their environment to risk as little as possible. In fact, many people with less chips will hold on to the chips. They will fold or pass in the game of life. How many times have you had the answer to a question the professor asked on the tip of your tongue, but you held back, only to have someone in the class speak up and give the same answer? Essentially, you "folded" in that hand.

If you feel that you have a lot of chips, you will feel wealthy enough to take risks. You will bet more of your chips on the game of life. You will risk more chips each hand. In feeling rich you will participate more in the game. "People who participate in life are people who become winners in life. People who hold back, watch the other people win." (Jack Canfield)

These programs are designed to help you and your chapter develop and to build your stack of "chips"; so that you can get more out of life and be a major player in the "game", not someone who stands on the side lines.



* Remember only **YOU** can tip the scales in a different direction!!

Time to Weigh In

Please circle the statements that apply to you. Total each side to see where you weigh in.



* Low Self-Esteem Characteristics:

1. Feels and acts as "victim"
2. Judgmental of self and others
3. Breaks agreements, violates own standard
4. Covert, phony
5. Exaggerates, pretends, lies
6. Self-deprecating, shameful, blaming, negative self-talk, critical, condemning
7. "Nice" person, approval seeking
8. Negative attitude
9. Rationalizes
10. Jealous/envious of others
11. Perfectionism
12. Dependencies, addictions, stagnant, compulsive, self-destructive behavior
13. Complacent
14. Does not like the work one does
15. Incompleteness in tasks and in relationships
16. Judges self-worth by comparing self to others, feels inferior
17. Does not accept or give compliments
18. Excessive worry
19. Fearful of exploring "real self"
20. Shuns new endeavors because of fear of mistakes or failure
21. Irrational emotions; run by emotions
22. Lack of purpose in life
23. Inadequate to handle new situations
24. Losing usually causes one to feel resentful and "less than"
25. Vulnerable to others' opinion, comments, attitudes

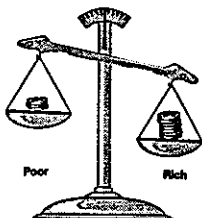
Total Circled

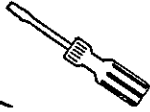
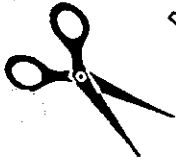
*Healthy Self-Esteem Characteristics:

1. Takes appropriate risks
2. Takes responsibility for own life and consequences of actions
3. Is goal directed, has life purpose
4. Faces and moves through fears
5. Accepts limitations of talents and abilities
6. Does own thinking and makes own decisions; speaks up for one's convictions and opinions
7. Forgiveness of self and others
8. Attitude of gratitude
9. Accepting of self and others
10. Sees opportunities instead of problems; accepts problems as part of life
11. Positive attitude, enthusiastic, zest for living, spontaneous
12. Honest with self and others emotionally and intellectually
13. Develops and owns strengths; respect, nourish, accept, trust, love self
14. Tenacity/persistence
15. Sets internal standards/principles/values; lives and keeps them
16. Praises self and others
17. Plays a "bigger game"; continual growth
18. Can appropriately ask for help
19. Anticipates new endeavors with quite confidence
20. Actively participates in life
21. Enjoys being by self on occasion
22. "To thine own self be true"
23. Allows self to be human
24. Shares real self with proper people
25. Goes for excellence, not perfectionism

Total Circled

Your goal is to have more points on the healthy self-esteem side.





Tools to increase others Self-Esteem



Often we are told that as officers we set the tone for the chapter's attitude, but no one has ever told us how to do this or has given us the tools to do so. Below are some tools.

For Happy Gram and Congratulations Notes

HOW:

1. Use the black and white copy of the notes to make more notes for your chapter.
2. Make notes readily available to all members.
3. Please do not make copies of copies of the original. We made these notes easy to reproduce, but we want them to look nice and clear.

CONGRATULATIONS



WHO:

1. Send to members in your chapter.
2. Send to Phi Mus in other chapters.
3. Send to Phi Mu Alumnae.

■ PHI MU GRAM ■



WHEN:

1. Send as quickly as possible once you have a reason.
2. Send when you notice the membership getting "tense".
3. Send "just because."
4. Send to members parent's when member pledges, makes the Dean's or President's List, wins an award, becomes a chapter officer, etc. when there is not time to write a formal note.

WHERE:

1. Send through campus mail.
2. Send through regular mail.

A Note from Sir Fidel

A Note from Sir Fidel



WHY:

1. These notes are good "pick me ups".
2. This is a great way to motivate your chapter!!!

CHALLENGE TO EXECUTIVE COMMITTEE:

Send these notes to members who you feel need to be motivated. Try this for two weeks. You should begin to notice a change in attitude. After you begin sending the notes, the chapter will catch on!

NOTE

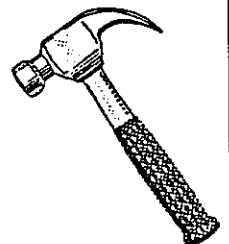
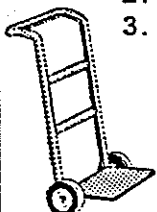
These notes should be a voluntary activity. If you require members to write them, it will defeat the purpose.

Ideas to keep members attending meetings and feeling good about themselves:

1. Have members say to people who were absent, "We missed you!!" (with a nice smile)
2. Start your meeting by having people give each other a hug!
3. Have some cheerful music playing as members come into meeting.
4. Give "fun" awards. Example: best hair do, etc..

Practice random acts of kindness to increase member attitude:

1. Sneak in a room and make a member's bed.
2. Write a nice note to someone and do not sign it.
3. Fold someone's clothes that are left in the dryer.



Activity: What's Your Image?

Introduction:

This activity gives individuals a chance to describe how they are perceived by others. As you begin matching people to their list of adjectives, it might be challenging. In fact you will find in some cases that a person's perception of what others think of them may not be reality. If this occurs the facilitator should assure members this is normal. Explain to the group that this activity gives us a chance to combine what others think with what we think. Most everyone will be pleasantly surprised.

Goal: To become more aware of our public image, while also breaking the ice with other members.

Materials

Needed: Paper and pencils.

Time: Approximately 20-45 minutes, depending on the chapter size.

Source: *More Games Trainers Play* by E.E. Scannell and J.W. Newstrom.

ACTIVITY

Procedure:

1. Have each participant write four or five adjectives or phrases that describe her public image on a sheet of paper. Encourage them to be creative and disclose significant items of information.
2. Collect the sheets and mix them.
3. Read the set of adjectives aloud to the group and have the group try to guess who is being described.

Alternate

Procedure:

1. Following step 2, distribute one sheet to each participant (not their own).
2. Have the participants mill around the room, seeking to identify the person described on their sheet.

CONCLUSION

Discussion

Questions:

1. What did you learn about the ways in which people describe themselves?
2. What lessons in effective communication does this hold for us?

Activity: The One-Minute Praise

"If all your giving is about "getting," think how fearful you will become." Susan Jeffers

Introduction:

Often as sisters, we feel it is our duty to give constructive criticism to each other. Many times we wait until we see someone doing something wrong before we say anything. This activity teaches us to "catch people doing something right." It is also a practice in giving praise. It is important for us to realize that positive feedback improves chapter attitude and participation. It is also a great way to improve individual attitude.

Goal: To give members positive feedback.

Materials

Needed: Make a copy of the "Six Steps of One Minute Praising." Give each member a copy.

Time: Approximately 20-30 minutes, depending on the chapter size.

Source: *Still More Games Trainers Play* by E. E. Scannell and J.W. Newstrom.

ACTIVITY

Procedure:

Dr. Ken Blanchard suggests in his book *The One Minute Manager* we should "catch people doing something right." Tell participants you are going to ask them to do something they may find awkward or even embarrassing. Ask them each to turn to the person next to them and say something nice to that person about that person (i.e., a "one-minute praise").

CONCLUSION

Discussion

Questions:

Ask group "How do you feel right now?" after everyone has completed the activity.

How many of you, having been given that perhaps embarrassing assignment, turned to the person on your left or right, smiled, and said, "You go first?"

When was the last time someone gave you an honest compliment?

More importantly, when was the last time you gave someone else a word of praise?

SIX STEPS TO "ONE MINUTE PRAISING"

1. Praise people immediately
2. Tell people what they did right (be specific)
3. Tell people how good you feel about what they did right and how it helps your chapter
4. Stop for a moment of SILENCE to let them feel how good you feel
5. Encourage them to do more of the same
6. Touch people in a way that makes it clear that you support their success in your chapter

From Dr. Ken Blanchard's book *The One Minute Manager*

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Activity: Accentuate the Positive

Introduction:

This exercise will assist members in the practice of positive self-talk. By learning to voice compliments about yourself, you can greatly influence your self-esteem. This is the beginning of changing your inner voice toward more positive self talk. Encourage members to step out of their comfort zone and to compliment themselves.

Goal: To break down self-imposed barriers that do not allow people to like themselves; to enhance one's self-image by sharing comments and personal qualities.

Materials

Needed: None

Time: Approximately 10 minutes, depending on the chapter size.

Source: *Games Trainers Play* by J.W. Newstrom and E.E. Scannell

ACTIVITY

Procedure:

Most of us were reared to believe that it is not "right" to say nice things about one's self or, for that matter, about others. This exercise attempts to change that attitude by having teams of two persons each share some personal qualities with one another. In this exercise, each person provides his or her partner with the response to one, two, or all three of the following suggested dimensions.

1. Two physical attributes I like in myself.
2. Two personality qualities I like in myself.
3. One talent or skill I like in myself.

Explain that each comment must be a positive one. No negative comments are allowed!!! (Since most people will not have experienced such a positive encounter, it may take some gentle nudging on your part to get them started.)

CONCLUSION

Discussion

Questions:

1. How many of you, on hearing the assignment, smiled slightly, looked at your partner, and said, "You go first"?
2. Did you find this to be a difficult assignment to begin?
3. How do you feel about it now?

Thoughts:

After completing the activity you may want to discuss as a group the difference between being confident about yourself and being egotistical. Realizing that by recognizing your strengths does not mean you are egotistical.

Activity: Time to Share

Introduction:

"Time to Share" is a great follow up to "Accentuate the Positive." Once members have learned to give positive feedback to themselves, they can give positive feedback to others. By giving *genuine* compliments to each other, on a daily basis, you can influence others self-esteem as well as your own.

Goal: To let individuals give positive strokes to others. To subtly force participants to vocally share positive qualities with others.

Materials

Needed: None

Time: Approximately 15-30 minutes, depending on the chapter size.

Source: *Games Trainers Play* by J.W. Newstrom and E.E. Scannell.

ACTIVITY

Procedure:

This activity can be used alone or can follow the exercise, "Accentuate the Positive." (It is best used where participants have previously had the opportunity to share and interact with each other.) After pairing the group in teams of two, introduce the session by suggesting we all need and crave recognition and positive strokes.

Have each person tell her partner the following:

1. One physical feature that is particularly nice
2. One or two personality traits that are unusually pleasant
3. One or two talents or skills that are noteworthy

Suggest that each person record their partner's feelings, thoughts, and feedback and save them to read on a "bad day."

CONCLUSION

Discussion

Questions:

1. Why is it difficult for many of us to give another person a compliment?
2. Why is it that most people are quick to give a negative comment, but seldom, if ever, have anything nice to say about people?
3. "People tend to behave as we tend to think they should behave." Do you agree? Why?

Activity: Positive Self-Concept

"I am not free until I believe in me." Robert Schuller

Introduction:

This activity like "Accentuate the Positive," aides in teaching us that it is acceptable to verbalize positive comments about ourselves. This goes against the way most of us were taught. Engaging in "Positive Self-Concept", you are again encouraging members to do the uncomfortable and to compliment themselves. Every time we do this, we begin to increase our self-esteem.

Goal: To demonstrate that it is acceptable to verbalize one's own positive qualities.

Materials

Needed: None

Time: Approximately 15- 30 minutes, depending on chapter size.

Source: *Games Trainers Play* by J.W. Newstrom and E.E. Scannell

ACTIVITY

Procedure:

Divide the members into groups of two. Try to pair people with members they do not know well. Each person is then asked to write on a sheet of paper 4 or 5 things they really like about themselves. Since most people tend to be overly modest and hesitant to write something nice about themselves, some encouragement on the facilitator's part may be needed. For example, the facilitator may spontaneously disclose her list, such as enthusiastic, honest, serious, intelligent, graceful.

After 3-4 minutes have passed, ask each person to share with her respective partners the items she wrote down.

CONCLUSION

Discussion

Questions:

1. Did you feel uncomfortable with this activity? If so, why?
2. Were you honest with yourself, i.e., did you "hold back" on your traits?
3. What reaction did you get from your partner when you disclosed your strengths? (i.e., surprise, encouragement, reinforcement)

Thoughts:

Discuss the difference between being confident about yourself or being egotistical. Acknowledge that recognizing your strengths does not mean you are egotistical.

POSITIVE QUOTATIONS

"My secret to you is that a true love for your sisters as well as yourself is the most important element of a strong chapter... it is the foundation and the strength of any good chapter."

*Wendi Huguley, KY, at the 1995
Georgia State Day*

"I'd rather have 30 minutes of wonderful than a lifetime of nothing special."

*Susan Harling, KI, inspiration for the
movie "Steel Magnolias" written
by herbrother*

"The only control we have in life is of ourselves and our attitudes."

Lana Lewis, AI, Executive Director

"You are born for achievement, engineered for success, and endowed with the seeds of greatness."

Zig Ziglar

"Our only limitations are those which we set up in our minds or permit others to establish for us."

Elizabeth Arden

"Real power is ours as educated women when we commit ourselves to excellence, and to values, and when we dare to dream, and to do, just as our Founders did."

*Pamela Wadsworth, HI,
Past National President*

"The happiest people are not the people without problems, but the people who know how to solve their problems."

Leo Buscaglia

"You are taught to be a victim, and you can be taught not to be."

Oprah Winfrey

"The persons we are close to, like our sisters, are not just adornments to our lives but are intrinsic parts of who we are and, therefore, intrinsic parts of our choices."

*Margaret Mohrmann, M.D., Ph.D., AK,
past Foundation and Fraternity Officer*

"It 's nice to know Phi Mu believed in me."

*Theresa Carroll, TX, Gender Gap
Facilitator, and past Fraternity Officer*

"I am bigger than anything that can happen to me."

Teddy Roosevelt

POSITIVE QUOTATIONS

"Running is the greatest metaphor for life, because you get out of it what you put into it."

Oprah Winfrey

"Don't let life's little upsets get you down. Live life to its fullest, and make the most of every day you're alive."

Susan Harling, KI

"Each of us must aspire to noble womanhood and live day-by-day the Creed of our Fraternity."

Frances Mitchelson, AP,
Phi Mu National President

"Human beings can alter their lives by altering their attitudes of mind."

Harry Truman

"Don't blame yourself too much but take responsibility for yourself."

Brett Butler

"Do what you can with what you have, where you are."

Teddy Roosevelt

"No one makes you feel inferior without your permission."

Eleanor Roosevelt

"Someone's opinion of you, does not have to become your reality."

Les Brown

"Winners have weaknesses, but they have learned to overcome them."

Florence Littauer

"It is in our inner being, where we are childlike in our vulnerability, that we become open to the real meaning of our life and can begin that spiritual journey that leads to fulfillment."

Donna Reed, EA, Fraternity
Parliamentarian

"I suggest to you today that as in every aspect of life, before you can achieve a desired result, there must be ownership of a common goal, a common aspiration."

Lynne M. King, AK, Past National
President

"If you want to do something in life and if it's within your reach, go ahead and reach for it."

Martha Gilkes, KA

"Life is much too important to give up on it that easily."

Anna Conrad, EM, after being
caught in an Avalanche for five days

HOW TO COMBAT LOW SELF ESTEEM IN YOURSELF...

-changing your self talk, and using self affirmations.

(IE. I like who I am, I am good enough to do___)

-stop comparing yourself to others, and realize everyone is different and has the right to be different.

-Explore your own self, style, and how you do things

-Accept that failures will happen, but successes do to.

-concentrate on your strengths

-work on your weaknesses

-Be patient with yourself

-Realize that self esteem can be learned

**YOU DON'T HAVE TO BE
A WAIF OR A WRECK TO
NEED A BOOSTER SHOT
OF SELF ESTEEM**

Changing Your Self-Talk

Negative Phrases

Positive Affirmations

1. Things aren't going very well for me at work.

1.

2. I just can't seem to communicate with _____.

2.

3. I wish I had more time.

3.

4. I should exercise more.

4.

5. Today is going to be a tough day.

5.

6. I have a hard time getting out of bed in the morning.

6.

7. I'd like to be able to put more money aside into savings, but I just can't seem to make myself do it.

7.

8. I want to lose weight but I can't resist deserts.

8.

9. I should get organized at work.

9.

10. I wish I could make less mistakes on the computer.

10.

COMBATING LOW SELF ESTEEM IN YOUR GREEK ORGANIZATION

- Stop the negative talk and criticism within the organization
- Be aware of the different personalities within your organization and pride yourself in those differences.
- Don't try to conform your members into being alike
- Stay away from stereotypes, rumors, secondhand impressions, and other negative influences, find out for yourself
- Don't let the minority do all the organization's work, others may have talents to contribute.
- Don't set your expectations too high or too low
- Believe in your fellow members
- Take pride in your organization and your fellow members, it is contagious

**Of all the judgements we
pass in life,
we really only have the right
to the one we pass
about ourselves.**

Self-Talk/Affirmations For Building Self-Esteem

I like who I am and I feel good about myself.

I always work to improve myself and I get better every day, but I like who I am today.

I am uniquely me. There is no one else like me in the entire world.

I approve of me and who I am.

I have many good qualities, talents, skills and abilities.

I am discovering new things about me daily.

I am positive, confident in what I do and who I am.

I like life and am full of life.

I am intelligent and I think positive thoughts. My mind is quick, alert, clever, and fun.

I am interested in many things.

I appreciate all that I have and the things that I learn.

I set goals and reach them.

I have determination.

I turn problems into advantages and opportunities.

I have strength, power, conviction, and confidence.

I like challenges and meet them head on.

I know that it's all up to me and I know I can.

Roadblocks don't bother me.

I am organized.

I trust myself.

I think well and clearly.

I make good decisions.

I never demand perfection of myself, but I expect the best I have to give and that's what I'll get.

I get things done on time and in the right way.

I have energy, enthusiasm, and vitality.

I turn my goals into reality.

I am in control of myself.

Changing The Way You Talk To Others

Negative Phrases

You handled that situation very badly.

You have a communication problem.

You need to manage your time better.

You are out of shape.

You look awful, and you are a terrible representative for us.

You are lazy and not carrying your full load.

You need to get organized.

You do not have your priorities straight.

Positive Affirmations

Having Self Esteem In The Greek World Without Being Superior

*Allow yourself to make mistakes, Allow others to make mistakes;
No one is perfect.*

*Don't dwell on past mistakes of yourself or others,
this just feeds a negative self image.*

*Project self assurance by maintaining good eye contact,
using a firm handshake, speaking clearly,
wearing a smile, using strong and decisive body language.*

Take credit when you deserve it. Give credit when others deserve it.

*Don't undersell yourself. Don't belittle others to make
yourself look good.*

*Face your mistakes, do not ignore them.
Be truthful with yourself and others.*

*Don't be afraid to ask for the things you need from others,
and don't be afraid to help others.*

*Don't allow yourself to be interrupted,
and don't interrupt others.*

*When someone is in a bad mood, don't assume that
you're the reason or you know how to fix it.*

*Make agreements with others to keep yourself and them from
being walked on, taken advantage of, or ignored.*

HOW WOULD YOU DEFINE SELF ESTEEM IN THE GREEK WORLD?

Check any box/es you feel helps define what self-esteem means to you.

For me, self esteem is:

- Believing in myself and my self worth.
- The ability to see my place in the Greek world realistically and optimistically.
- A confidence in my abilities to make changes in my Greek organization and meet the Greek World challenges head-on.
- A capacity for understanding my character weaknesses and working toward self-improvement of specific weaknesses.
- A knowledge of self and acceptance of that knowledge.
- The ability to recognize my individual uniqueness and take pride in things that make "me" unique.
- A belief in my self-worth. A healthy admiration of my abilities.
- A belief in what I can do. A positive outlook and confidence to try something new.
- The ability to assess and apply my skills in a positive and optimistic manner.
- Understanding that I am of value to myself and to my Greek organization, regardless of the situation.
- Knowing who I am, what I can do, and how to project this knowledge.
- A love of self regardless of any specific performance.
- Liking myself, respecting myself and being willing to risk and fail at things.
- Accepting who I am and having the courage and strength to design my life the way I want it to be.

SELF ESTEEM IS...

"Self Esteem is appreciating one's own worth and importance, and having the character to accountable for oneself and to act responsibly toward others" California State Task Force To Promote Self Esteem

"A confidence and Satisfaction in oneself." Webster's Dictionary

"Self Esteem is the evaluative dimension of self knowledge, referring to how a person appraises himself." R. Baumeister

"Self Esteem is caring for oneself, and feeling so good that you won't stop caring, no matter what." Anonymous.

Self Esteem is _____

Self-Esteem Link

I. Introduction

Self-esteem probably is the single most important tool we can have for dealing with life's demands and changes, for taking charge of our own life, and for experiencing a satisfying, happy, and balanced life. When we feel good about who we are and know our assets, abilities and limitations, we can make the right decisions and choices. We are free to express our uniqueness and enjoy and deal with the challenges of life.

Our level of self-esteem affects how we perceive the world. It is like a filter through which we see and experience life. In addition, our self-esteem influences how others see and treat us, what choices we make and our ability to give and receive love. When we believe in ourselves and can trust our abilities, we can be effective team members

or players. If our OKness is secure, others do not become a threat, and we can enjoy and appreciate their resources. Highly functioning and satisfying groups are a result of individuals who like and embrace themselves and can be open to the ideas, abilities and perspectives of others.

We can learn to celebrate ourselves and have a realistic, loving, and accepting view of ourselves. High, healthy self-esteem is within the reach and grasp of each of us, and that is a central goal of this workshop. Before we move to further understanding the concept and components of self-esteem, we all will participate in a positive reinforcement activity so that we all can start off feeling good about who we are.

II. Positive Reinforcement Activity

Distribute a piece of paper, piece of tape and pen to each participant. Have each participant write her name on the top of the paper and tape it to her back. Ask the participants to walk around the room and write positive comments about each participant on her back. Try to write on as many backs as possible. At the end, have several individuals share what they learned from this activity. Some of the following questions may be used to get discussion going:

1. What did you learn about yourself from other's comments?
2. How did it make you feel?
3. Do others value a trait in you that you did not know about?
4. Do your perceived positive qualities match any that were on your paper?
5. How often do we take time to boost one another's self-esteem through positive reinforcement?

III. Self-Esteem Star

Now let's spend some time identifying some of our own positive attributes.

Distribute Self-Esteem Star and ask participants to spend five minutes responding to the questions. Then have them break into small groups and have them share information on their star with each other.

Through these two exercises we are able to identify positive attributes that others see in us and that we see in ourselves. This is feedback that helps enhance our self-esteem

and feeling of self-worth. To further explain the difference between self-concept and self-esteem, we will watch a short video segment.

IV. Components of Self-Esteem

Felker's (1974) theory of self-esteem development proposes that self-esteem is comprised of three primary components—a sense of competence, a sense of belonging, and a sense of worth.

Competence refers to an individual being able to complete the task and projects that are important to her. This may include feeling competent with academic work as well as with a leadership position on campus.

Belonging includes making a person feel wanted and needed as well as the person's recognizing that she is wanted and needed. It is this mutual acceptance and sense of belonging that is necessary for self-esteem to be operative.

A **sense of worth** is related to a person's feeling important to others in her life. A person commonly decides that she is worthwhile by how others treat her and by what others say to and about her.

Individuals who feel like they are competent, that they belong, and have a sense of self worth will have higher self-esteem than individuals who feel incompetent, isolated or worthless. If these three components comprise self-esteem development, the question then becomes, "What can Greek chapters do to make women on campus feel competent, included, and worthwhile?" To answer this question, it is necessary for organizations to review their activities and attitudes in terms of these characteristics. Any activities or attitudes that do not foster competence, belonging and worth need to be stopped or changed so that they enhance self-esteem development, not detract from it. Competence and incompetence, belonging and isolation, and worth and worthlessness are opposite ends of the continuum. As a campus, our actions, attitudes, events, and programs determine where we are as an organization on the continuum.

V. Campus Activities and Self-Esteem

Distribute Campus Activities and Self-Esteem worksheet. In small groups, do the following:

- 1. Brainstorm a list of activities, programs, attitudes, and/or actions that occur on campus that promote competence, belonging and worth.*
- 2. Brainstorm a list of activities, programs, attitudes, and/or actions that occur on campus that may promote incompetence, isolation, and worthlessness.*

In the large group, share some of the activities that support competence, belonging, and worth as well as a few examples of activities that support incompetence, isolation, and worthlessness.

Discuss how the activities that promote incompetence, isolation, and worthlessness could be changed so that they are positive in nature and enhance rather than detracted from self-esteem.

As leaders, we are in a position to impact the self-esteem of those with whom we work. How we interact with one another either helps or hinders the self-esteem development

of our peers. Let's examine some questions that address the role of leaders in promoting self-esteem development.

Discussion questions:

1. What type's of behaviors do leaders exhibit when they are reinforcing competence, belonging, and worth?
2. What does it feel like when you are treated this way by a leader?
3. How do you encourage your chapter leaders to act in a way that encourages competence, belonging, and worth?

VI. Conclusion

Living life in a healthy, balanced, fulfilling way is a process. It means making a daily commitment to yourself--to the best that is in you--and believing in your ability and competence to live life fully and productively. Looking for ways to enhance our compe-

tence, belonging, and worth is the first step in developing a healthy self-concept. This program is designed to increase one's self-awareness regarding feeling good about who you are. We all are unique individuals and, through celebrating our individual strengths, we are able to believe better in ourselves.

VII. Evaluation

Have participants complete the evaluation form and forward results to the NPC Central Office.

Campus Activities and Self Esteem

Activities that promote competence:

Activities that detract from competence:

Activities that promote belonging:

Activities that detract from belonging:

Activities that promote worth:

Activities that detract from worth:

How can you change the activities that detract from self-esteem (competence, belonging and self worth) so that they enhance and promote self-esteem?

SELF-ESTEEM STAR

A successful decision I've made lately...

Two things I've accomplished
that I'm proud of...

Two people I admire...

(name)

Two goals I have for the future...

Two qualities or traits
I bring to a friendship...

Three positive words to describe myself...

SOMETHING TO THINK ABOUT

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for Best Actor and Actress.
6. Name the last decade's worth of World Series Winners.

How did you do?

The point is, none of us remembers the headliners of yesterday. These are no second-rate achievers. They're the best in their fields.

But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Now here's another quiz.

See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.
6. Name a half dozen heroes whose stories have inspired you.

Easier? The lesson?

The people who make a difference in your life aren't the ones with the most credentials, the most money, or the most awards. They're the ones who care in your life.

Symptoms of Low Self-Esteem

Putting things off (procrastinating)

Working too hard or not hard enough

Ignoring problems

Over-sleeping

Making excuses

Overindulging

Being sarcastic

Saying "yes" when you want to say "no"

Blaming others

Worrying

Being a gossip

Letting your emotions control you

Wasting time

Talking too much

Being overly critical

Starting something but not finishing it

Jealousy for no reason

Can't stand to be alone

Breakdown in physical appearance

TRYING TO WIN APPROVAL OF OTHERS:

LIZA'S STORY:

"THIS TINY MOMENT CRYSTALLIZES MY SKITTISHNESS ABOUT DOING STUFF. I WAS HOME FROM COLLEGE FOR THANKSGIVING DINNER WITH THE FAMILY. MOM IS NOT THE MARTHA STEWART TYPE- EVERYTHING BUT THE TURKEY COMES FROM THE GROCERY FREEZER, SO THE LAST MINUTE PREPARATIONS JUST INVOLVE HEATING UP FROZEN PEAS, CREAMED ONIONS, AND SQUASH. IN AN EFFORT TO HELP, I PUT A LITTLE WATER IN A SAUCEPAN AND DUMPED IN THE PEAS. MY MOTHER IMMEDIATELY GRABBED THE PAN AND SAID 'I'LL DO IT!' I DO NOT KNOW WHY THIS SUDDENLY FREAKED ME OUT-SHE NEVER LET ANYBODY HELP IN THE KITCHEN-BUT I THOUGHT, 'I CAN'T EVEN COOK FROZEN PEAS WELL ENOUGH TO SUIT HER. THAT WAS A WHILE AGO, BUT I'VE NEVER FORGOTTEN HOW I FELT. IT IS THE SAME WAY I FEEL NOW WHENEVER A CHALLENGE IN MY SORORITY PRESENTS ITSELF: NOT QUITE UP TO IT. SOMETIMES I THINK I GIVE UP TOO EASILY ON GOALS BECAUSE MY FEELING IS, 'I'LL NEVER DO ANYTHING WELL ANYWAY, SO WHY BOTHER?'"

UNBELIEF IN ONESELF AND ABILITIES:

JOANNA'S STORY:

AFTER I HAD BEEN A MEMBER OF □□□ FOR TWO YEARS, I WAS ELECTED PRESIDENT. ONCE THE SETTling PROCESS WAS OVER, YOU'D THINK I WOULD HAVE FELT FANTASTIC, RIGHT? WRONG! THE CHAPTER WAS RUNNING SMOOTHLY, BUT I AGONIZED OVER EVERY DECISION. I KEPT MY PREDECESSOR'S STYLE AND WAY OF HANDLING THE CHAPTER, INSTEAD OF USING MY IDEAS, MY STYLE, AND MY WAY. I COULDN'T STOP BELIEVING THAT I'D BEEN ELECTED JUST BECAUSE THE CHAPTER BELIEVED I WOULDN'T ROCK THE BOAT, NOT BECAUSE THEY BELIEVED I WAS THE BEST FOR THE CHAPTER. I LET MY CHAPTER DOWN BY NOT DOING ALL THAT I COULD HAVE, AND I LET MYSELF DOWN BECAUSE I WAS NOT ALL I COULD BE.

LOW SELF ESTEEM, TO ME, COMES FROM _____

WHERE DOES LOW SELF ESTEEM COME FROM?

COMPARING YOURSELF TO OTHERS:

JENNIFER'S STORY:

"SOMETIMES, I'M INCREDIBLY HIGH ON MYSELF. I FEEL SMARTER THAN MY SISTERS, MORE SUCCESSFUL, BETTER. AND IN A WAY, IT'S TRUE. LOOK, I KNOW THIS SOUNDS ARROGANT, BUT I AM REALLY SMART AND DOING WELL IN MY MAJOR, I HAVE ACCOMPLISHED SO MUCH FOR A PERSON MY AGE. I HAVE A GREAT SORORITY, GUYS LIKE ME, AND I AM WELL LIKED. AND I DID IT ALL ON MY OWN, I CAME FROM ACROSS THE COUNTRY WITHOUT A SINGLE FRIEND. BUT THE WEIRD THING IS, ALL IT TAKES IS FOR ME TO SEE A WOMAN WHO IS BETTER DRESSED THAN ME, HAVING A CUTE GUY IGNORE ME, HAVING SOMEONE DO BETTER THAN ME ON A TEST, OR HAVE A SISTER OF MINE CRITICIZE ME AND I THINK I AM NOTHING. IT IS AS IF EVERYTHING I'VE ACCOMPLISHED NEVER HAPPENED AND I HAVE TO START ALL OVER AGAIN."

LISTENING TO OTHER'S OPINIONS OF YOU:

SUSAN'S STORY:

"I WAS AT HOME OVER BREAK DURING MY JUNIOR YEAR, AND THIS GIRL ASKED ME WHAT SORORITY I WAS IN. WHEN I EXPLAINED THAT I HAD JUST RECENTLY PLEDGED , SHE WAS TOTALLY SHOCKED. SHE SAID SHE'D ASSUMED THAT THE GIRL VOTED MOST FRIENDLIEST IN HIGH SCHOOL WOULD HAVE BEEN PRESIDENT OF HER SORORITY BY NOW. FOR THE NEXT FEW MONTHS THAT COMMENT HAUNTED ME. I FELT LIKE A FAILURE, AS THOUGH I HAD LET SOMEONE DOWN. I WAS EMBARRASSED TO TELL PEOPLE THAT I WAS GOING THROUGH PLEDGESHIP, AND CHOSE TO NOT AFFILIATE WITH MY PLEDGE SISTERS. THE WHOLE THING HAD A SNOWBALL EFFECT. I STOPPED GOING OUT TO CLUBS WITH MY FRIENDS ON WEEKENDS, I DOUBTED THAT I COULD SUCCEED IN MY MAJOR OR IN EXTRA-CURRICULAR ACTIVITIES. IT WAS STRANGE HOW JUST ONE COMMENT FROM SOMEONE I BARELY KNEW, WHOM I CERTAINLY DID NOT ADMIRE OR VALUE AS A FRIEND DESTROYED MY SELF ESTEEM SO EASILY."

Additional Resources:

Self-Esteem

Binders

NPC Links

Phi Mu Chapter Development Idea Book 2000

Phi Mu: The Journey Continues Here