

Self esteem Worksheet #2.3

Try to find out-

do you have any sorts of strategy or rules or assumptions* to help you feel better about yourself?

By the way-

When negative beliefs grow among us, to keep on functioning or to protect our self esteem, we begin to develop strategy, rules, assumptions or guidelines for how we should live our lives. Aim is to guard and defend us from the truth of our negative core beliefs.

*strategy or rules or assumptions like-

- May be we make rules like -"I must never make any mistakes."
- May be we make assumptions like- "No matter what I do, it will never be good enough."
- Rules and assumptions can also be combined, for example: "I must do everything I can to gain others' approval because if I am criticized in any way, it means I am not acceptable."
- So on

For more help see the article <http://www.self-esteem-tips.com/low-self-esteem/what-cause-low-self-esteem-in-us/>

Write your thought here , based on your finding- try to answer the side questions- take your time- please complete-

self-esteem-tips.com