

# SELF-ESTEEM

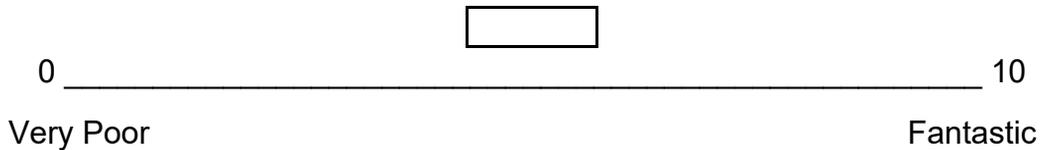
## SESSION 7 WORKBOOK



## HOW IS LIFE JUST NOW?

### \* Exercise 1 \*

On the scale below where would you rate your current quality of life?



What has changed, got better, worse or has stayed the same since last week that might be contributing to you feeling this way?

What would need to change to help you to move one point up the scale? What would the next point look like? What would you be doing differently? How would other people know that things had changed?

**\* Exercise 2 \***

**SHORT-TERM GOALS**

**Did you meet your short terms goals that you set yourself last week?  
Please mark x.**

YES	
NO	

**If you answered no, can you identify what prevented you in meeting the goals?**

**Thinking ahead, what changes do you need to make to achieve your short terms goals?**

## **IDENTIFYING THE OLD RULES**

**EXAMPLE:** Jim

**My Bottom line belief is:** I am a failure.

**My rule is:** (i.e. the things you have to do or be in order to feel good about yourself):

I must always get things right, if I make a mistake I am a failure

**The rule has the following impact on my life:**

I never feel I am good enough; I therefore try my best and work really hard. I spend a lot of time going over my work just to make sure it is right. Because of this I spend less time at home relaxing or doing things with my family. This causes a lot of arguments and leaves me feeling really stressed. I have missed out on opportunities at work because I don't think I am good enough.

**I know I am following this rule because:**

I get anxious and worried that I may have done something wrong at work. I am always putting myself down and think that other people must say I am not up to the job.

**What is helpful and what is unhelpful about having this rule:**

I do a good job most of the time and feel great when this gets noticed and I get praise. But my overwork makes me constantly tense, so much so I can't concentrate or learn from my mistakes. I don't spend enough time relaxing with my family.

## **FINDING NEW RULES FOR LIVING**

**Example:** Jim

### **1. What is the evidence? Is the rule actually true?**

It is unreasonable to expect to get everything in life right. Most of the time I do a good job, I have had several promotions over the years and my manager says I do a good job. Some of my colleagues have asked me for help and have offered to help me out with some of the newer things that I am not so up to date on.

### **2. What alternative viewpoints are there? What would other people say, what would I say to a friend who had this rule?**

I would say don't be so hard on yourself and point out all the things they have achieved in life, not only at work.

### **3. What would a more balanced, helpful rule be? E.g. I prefer to..., It is ok to..., it may or may not...:**

I enjoy doing well at my work, there is nothing wrong with that, but it is ok to make mistakes sometimes, I am only human. Rather than dwelling on my mistakes I will grow and learn from them.

### **4. What can I do to put my new rule into practice? What experiments can I try out, what changes will I make?**

- Give myself credit for the things I get right and focus on my achievements
- Remind myself of my new rule each day
- Challenge my critical thoughts.
- Experiment with saying 'I don't know', will the outcome be so bad?
- Ask for help when I'm not sure what to do
- Spend more time relaxing at night with the family

## MODIFYING RULES FOR LIVING

### Example: Jim

<b>What is the rule I live by that I would like to modify?</b>	If I'm not the best I'm a failure
<b>How does this rule affect me in my day to day life?</b>	It means I try really hard at whatever I do. I set myself incredibly high standards which are tough to live up to. I'm always worried up slipping up and making mistakes.
<b>What are the origins of this rule? Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?</b>	My parents were very driven. Dad's motto was "Second is just a fancy word for losing". As a child I got lots of praise for succeeding.
<b>What are the advantages of this rule?</b>	It means that I try hard and I have achieved a lot in my life As a child I got my parents' approval It keeps me motivated
<b>What are the disadvantages of this rule?</b>	I'm exhausted! I'm always checking to make sure I'm not making mistakes I can never let myself relax - I don't think it makes me a nice person
<b>Is there an alternative to my rule that would be more flexible?</b>	This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?  Doing a good job is good enough in this life. Not being the best doesn't make me a failure. Real life isn't a competition. It's more important for me to have a balance in life and try to enjoy it than to beat myself up about achieving all the time.
<b>How can I put this into practice?</b>	Tell myself it is ok to make mistakes sometimes Challenge my critical thoughts about being a failure Don't stay late at work all the time, my best is good enough.

## MODIFYING RULES FOR LIVING

<b>What is the rule I live by that I would like to modify?</b>	
<b>How does this rule affect me in my day to day life?</b>	
<b>What are the origins of this rule? Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?</b>	
<b>What are the advantages of this rule?</b>	
<b>What are the disadvantages of this rule?</b>	
<b>Is there an alternative to my rule that would be more flexible?</b>	
<b>How can I put this into practice?</b>	

## IDENTIFYING UNHELPFUL BOTTOM LINE BELIEFS

It might be useful to reflect on the following and ask yourself what these things mean about you as a person:

- Negative life experiences you have already identified in session 1
- Anxious predictions
- Negative self-evaluations you have become aware of
- Difficulties you had promoting balanced self-evaluations
- What you fear will be the outcome if you don't fulfil your old rules

I've messed things up



Which means/matters because...

I must ensure everything is perfect



Which means/matters because...

People will be disappointed in me



Which means/matters because...

I won't be loved



## Developing Balanced Core Beliefs

What is the Core Belief I would like to change?

EVIDENCE THAT SUPPORTS MY NEGATIVE BELIEF	EVIDENCE THAT DOES NOT SUPPORT MY NEGATIVE BELIEF	
	REJECTED (DISCOUNT)	MODIFIED (DISTORTED)

**NEW BALANCED BOTTOM LINE BELIEF?**

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## Things you can try to strengthen your balanced bottom line belief . . .

- Approaching rather than avoiding things
- Sticking with challenges rather than escaping
- Stopping safety behaviours and approaching things without taking precautions
- Treating yourself well
- Doing pleasant things for yourself
- Taking active note of achievements and positive qualities
- Being active and engaged in life
- Being assertive

What are your short term goals for the next week?

It is important that your short term goals are SMART goals.



# Low Self-Esteem Formulation

