**Self – Esteem**

**What to know…**

**Signs of High and Low Self – Esteem**

* Having an internal locus of control, gaining approval from within, rather than outside of self
* Ability to balance extremes in one’s thinking, feeling and acting. Learning from mistakes and being able to say, “I made a mistake; I’m sorry.”
* Taking responsibility for own perceptions and reactions and not projecting into others
* Ability to listen to inner self and acto on this guidance
* Having self-respect, self-confidence, and self-acceptance
* Having awareness of one’s strengths and weaknesses
* Knowing areas of self to be improved and what needs to be accepted
* Growing and taking positive risks

**Low Self-Esteem**

* Extremes in thoughts, feelings and behaviors
* Self-blame and self-criticism or constant blame and fault finding of others
* Over-or under-achieving or eating
* Staying a victim – not taking responsibility for positive changes
* Fear of change and risk taking
* Negative thinking – or so optimistic that reality is denied
* Constant emotional reaction to others
* Bragging and pushing self on others
* Demanding to be right, needing to have agreement or have one’s own way most of the time