



The Center for Eating Disorders
AT SHEPPARD PRATT

SELF ESTEEM AND EATING DISORDERS

Cigna Eating Disorder
Awareness Series

Presented Steven Crawford M.D.

Overview

- What is self-esteem?
- Factors that contribute to the development of self-esteem.
- Self-esteem and the development and maintenance of eating disorders.
- Ways one can improve his/her self-esteem.



What is Self-Esteem?

Self-Esteem is Not....

- ❑ The feeling you get when you succeed
- ❑ Induced by a drug, a compliment, or weight loss
- ❑ Temporary
- ❑ Based on external achievements
- ❑ Narcissism

Self-Esteem Is.....

- Experiencing oneself as being **competent** to cope with the basic challenges of life
- How we **value** ourselves, and how valuable we think we are to others
- The experience that happiness is right and natural for us
- Being **worthy** of happiness

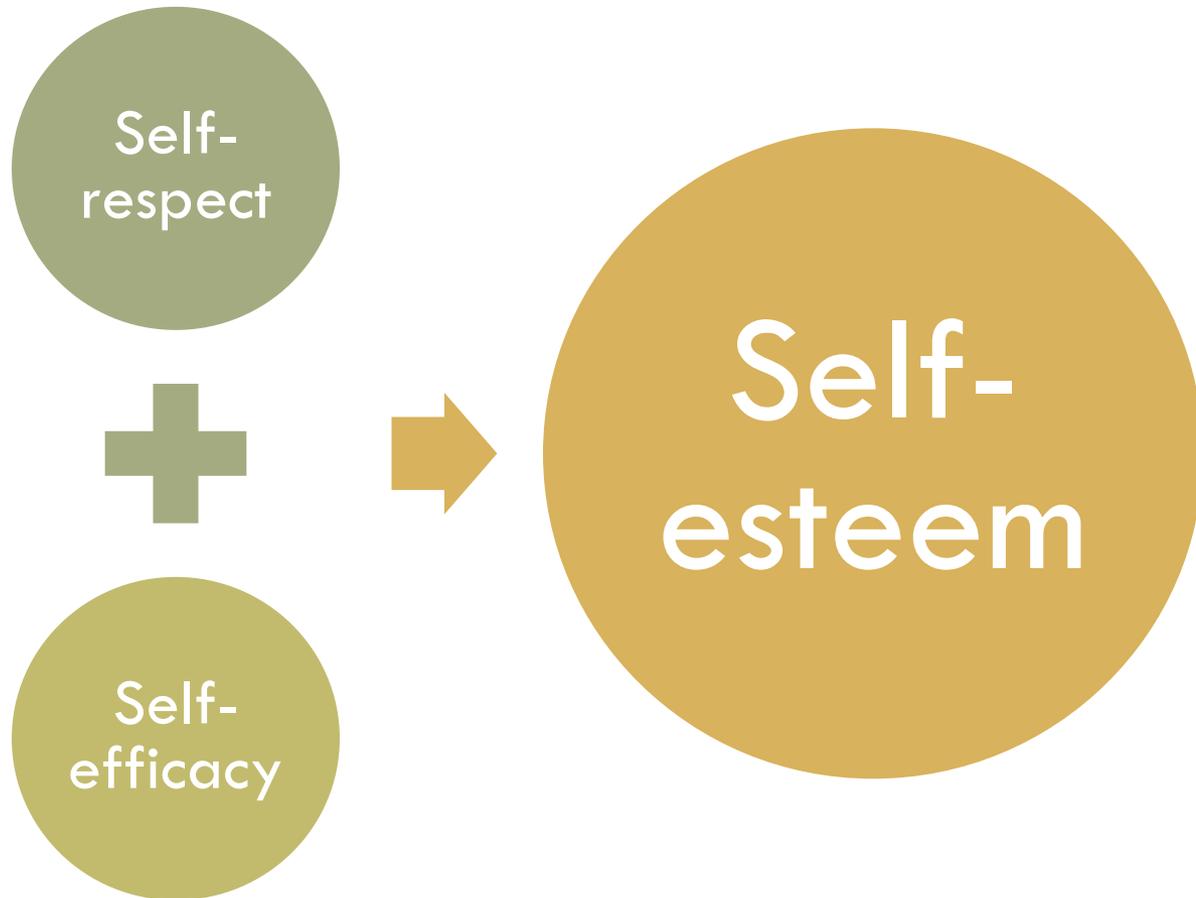
Self-Respect

- One's overall emotional evaluation of his or her own self-worth.
 - "I am worthy." or "I am competent."

Self-Efficacy

- The belief in one's ability to complete tasks and reach goals.
 - "I can do this!"
- Plays a critical role in how we think, feel, and behave.

The Self-Esteem Equation



Self-Esteem is Necessary for Survival



- Self-esteem is tied to a sense of personal control and competence
- Self-esteem is one of the best predictors of personal happiness

Nature

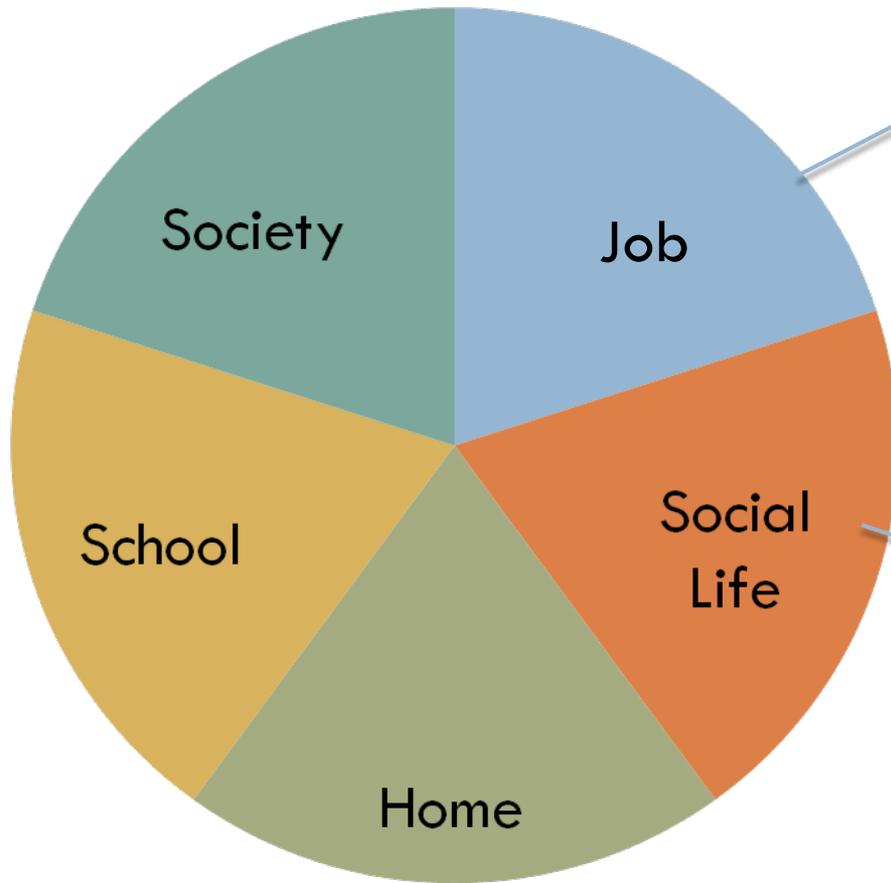
- Certain inherent differences may make it easier or harder to attain healthy self-esteem

Nurture

- Self-esteem can be nurtured when children are exposed to an environment that is filled with
 - ▣ love
 - ▣ respect
 - ▣ acceptance
 - ▣ reasonable expectations
 - ▣ general belief in his/her goodness

As opposed to when children are exposed to an environment that ridicules, humiliates or is abusive.

Factors that Influence Self-Esteem



RELATIONSHIPS with co-workers, supervisors/supervisees

EXPERIENCES with hiring, firing, promotion and responsibilities at work, as well as your ability to support your family.

RELATIONSHIPS with childhood and adult friends, neighbors, and significant others.

EXPERIENCES with clubs, sports, teams, hobbies, social events.

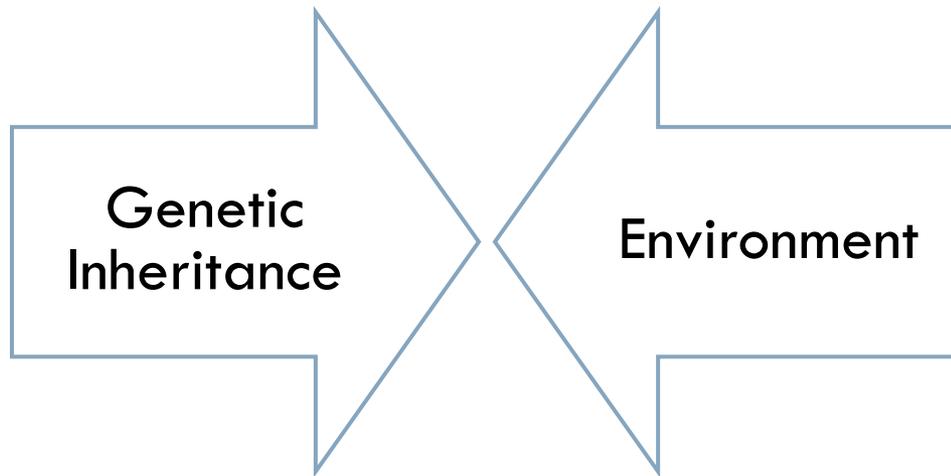


The Roots of Self-Esteem

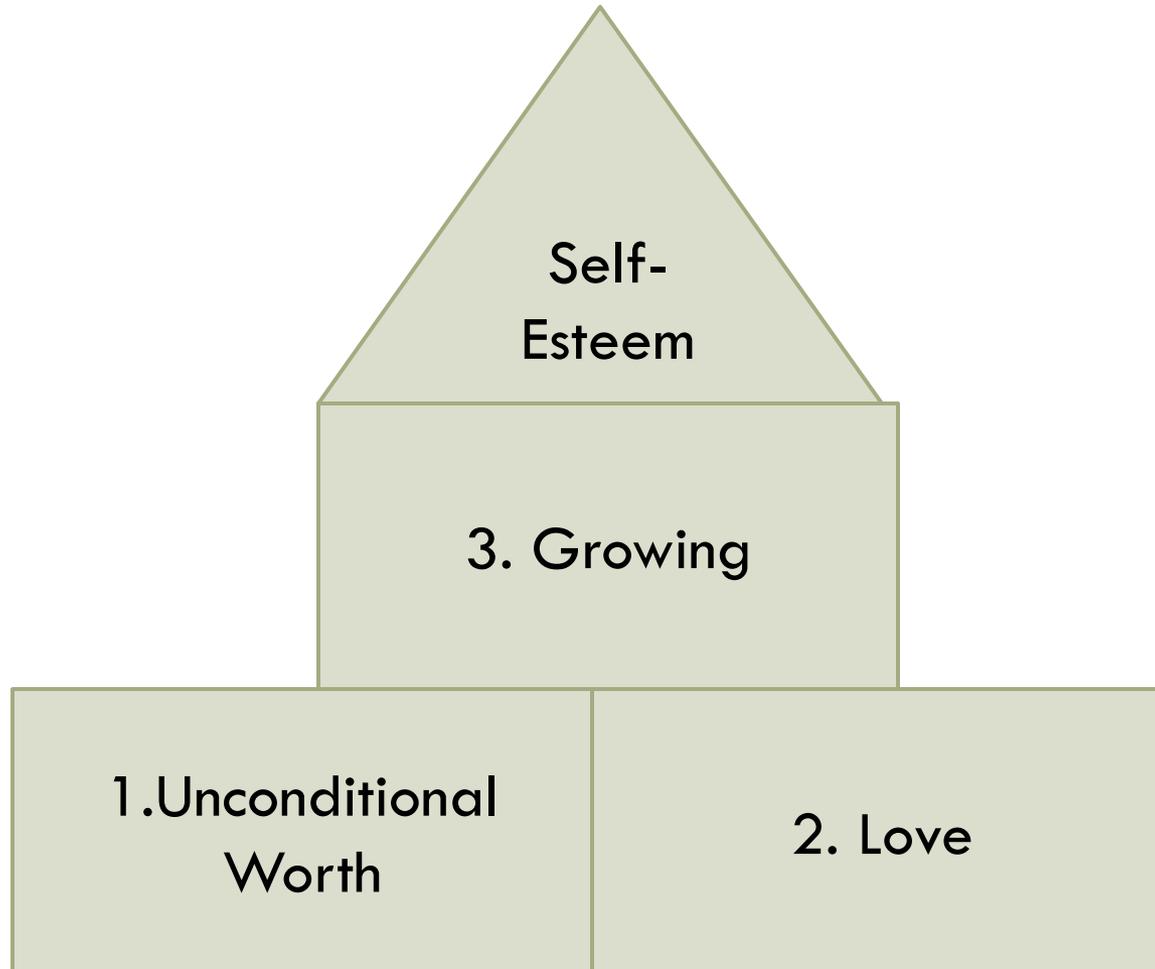
Nature vs. Nurture

**Genetic
Inheritance**

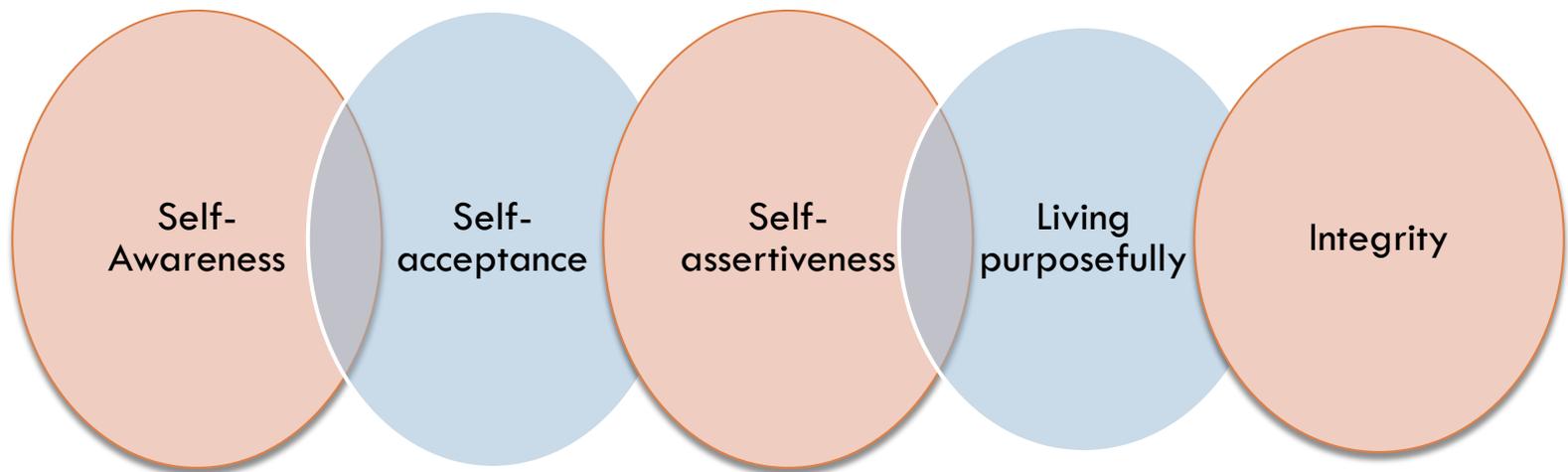
Environment



Core Components of Self-Esteem



Self-Esteem Living



Signs of Positive Self-Esteem

- Confidence
- Self-direction
- Optimism
- An independent and cooperative attitude
- Feeling comfortable with a wide range of emotions
- An ability to trust others
- Good self-care
- The ability to say no

Signs of Positive Self-Esteem

- Non-blaming behavior

That includes and ability to:

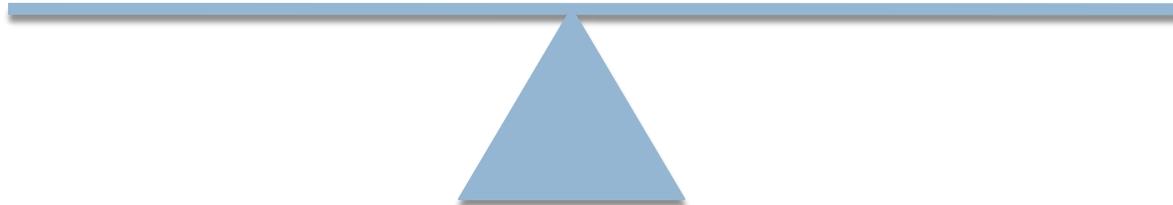
- make mistakes and learn from them
- accept mistakes from others
- solve problems

Balanced View of Self

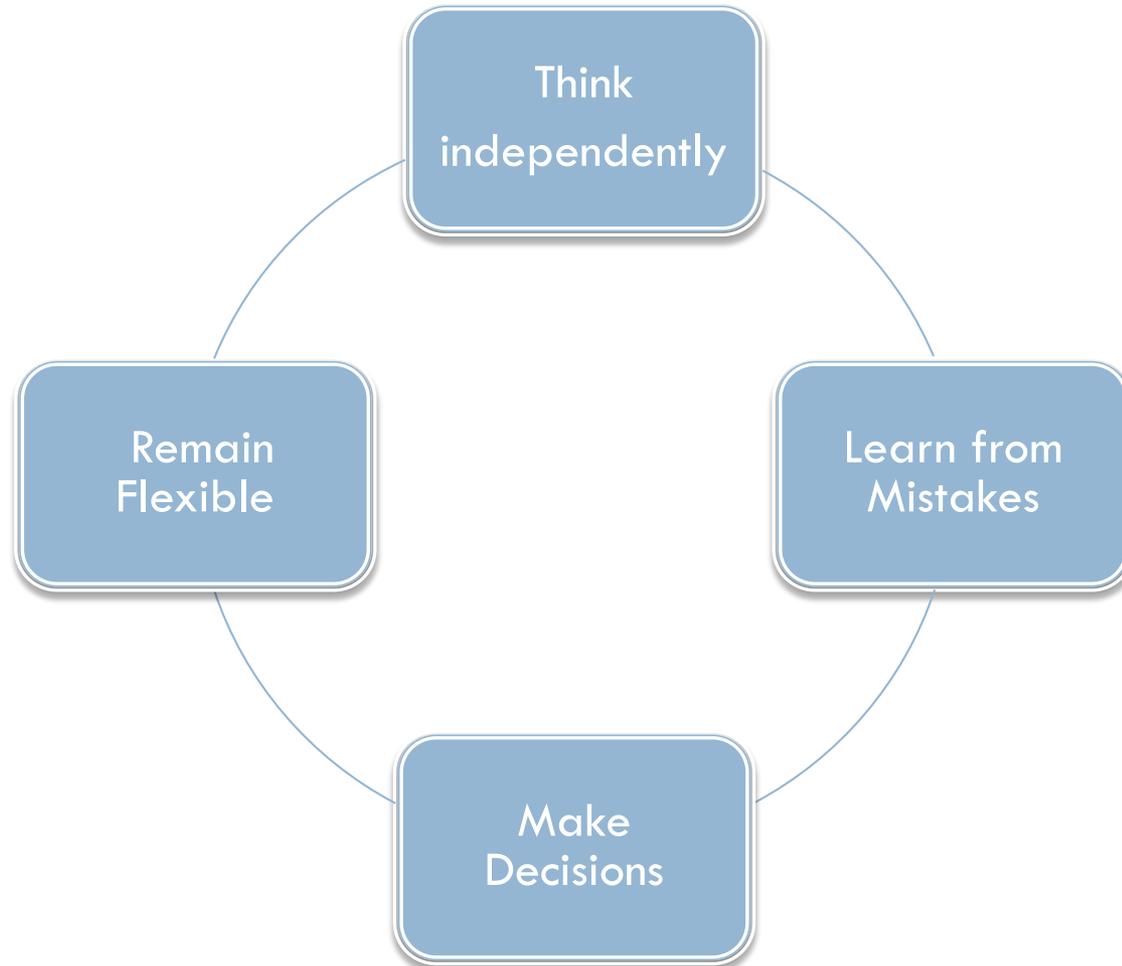


An awareness
of
personal
strengths

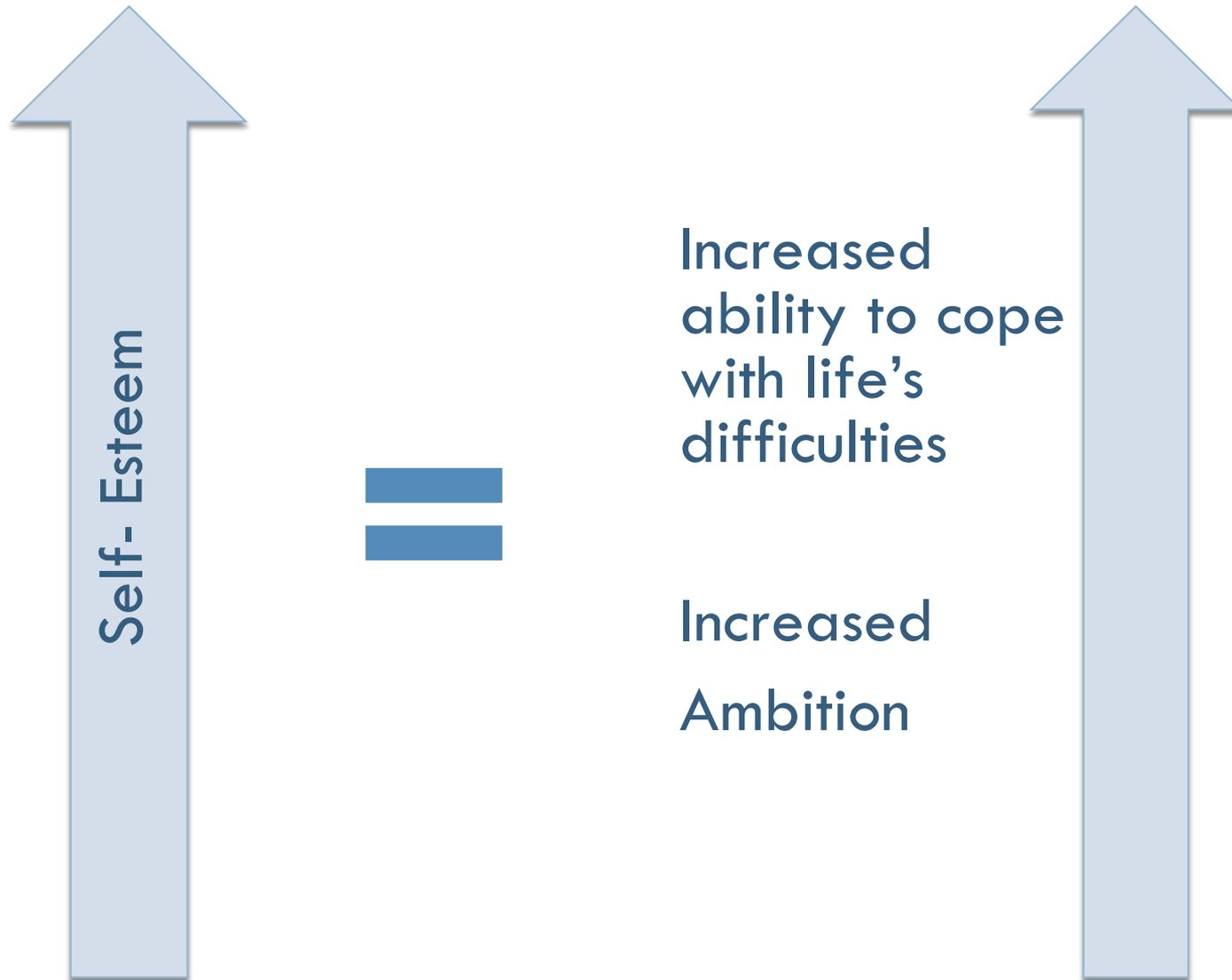
A good
sense
of
personal
limitations



Confidence in our ability to:



Consequences of High Self-Esteem



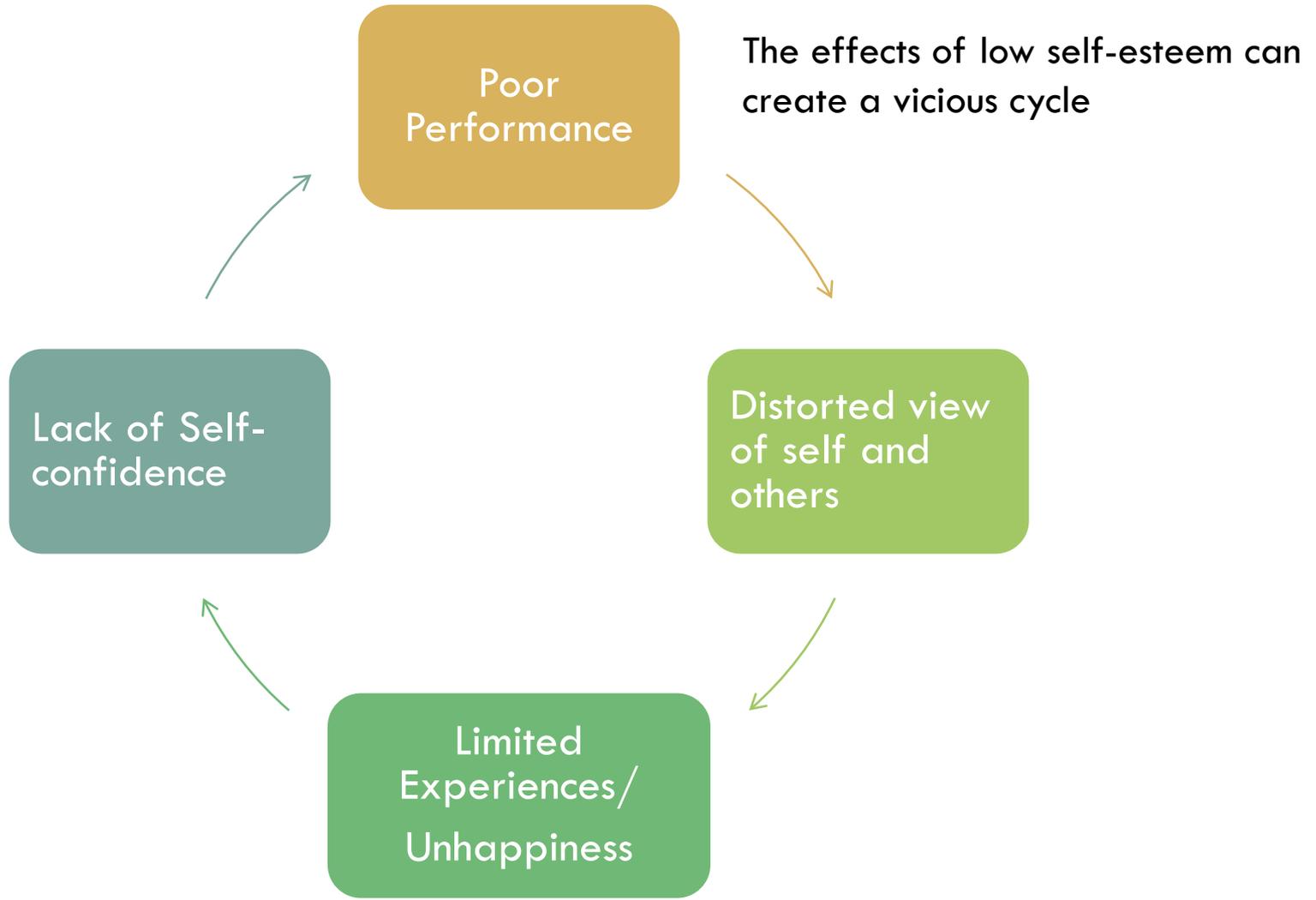
Low Self-Esteem

- A person with low self-esteem may feel **unworthy, incapable, and incompetent.**
- Low self-esteem can prevent an individual from realizing their full potential.

Signs of Low Self-Esteem

- Negative view of life
- Perfectionist attitude
- Mistrusting others – even those who show signs of affection
- Blaming behavior
- Feelings of being unloved and unlovable
- Dependence – letting others make decisions
- Fear of being ridiculed

The Vicious Cycle



Consequences of Low Self-Esteem

- Low Self-Esteem can lead to
 - compulsivity
 - lack of achievement
 - relationship problems
 - behavior problems
 - depression
 - anxiety
 - eating disorders

Mental Health has been equated with Self-Worth

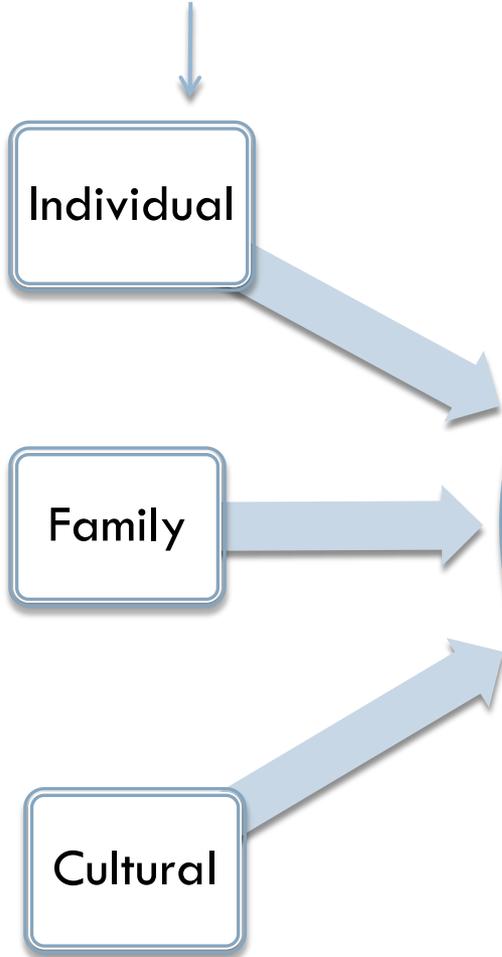


"My self-esteem's up two points this morning."

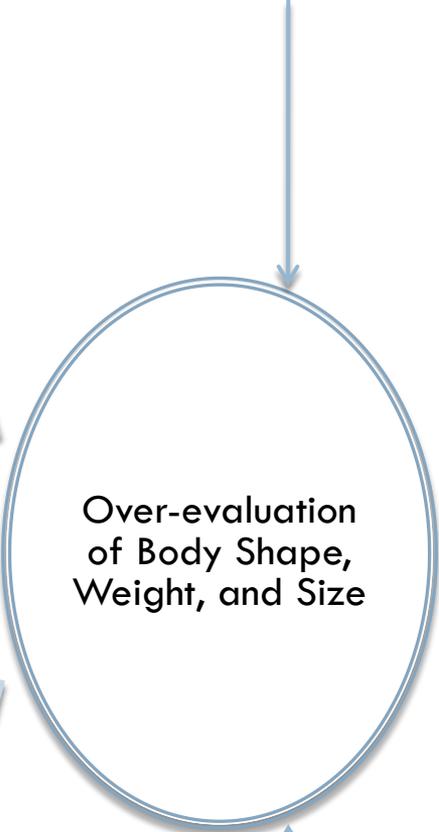
Self-esteem and Eating Disorders

- ❑ Low self-esteem has a central role in clinical theories of eating disorders.
- ❑ Studies have shown that eating disorders are associated with lower levels of self-esteem and perception of self concept.
- ❑ Research also indicates that increasing self-esteem is a significant aspect of the treatment of eating disorders .

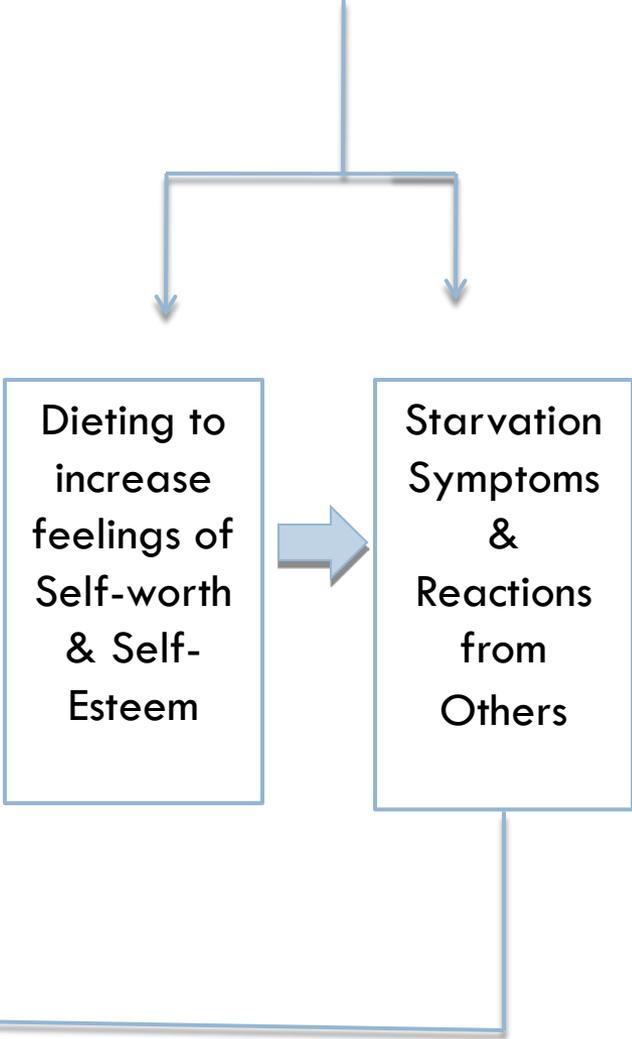
Predisposing Factors



Precipitating Factors



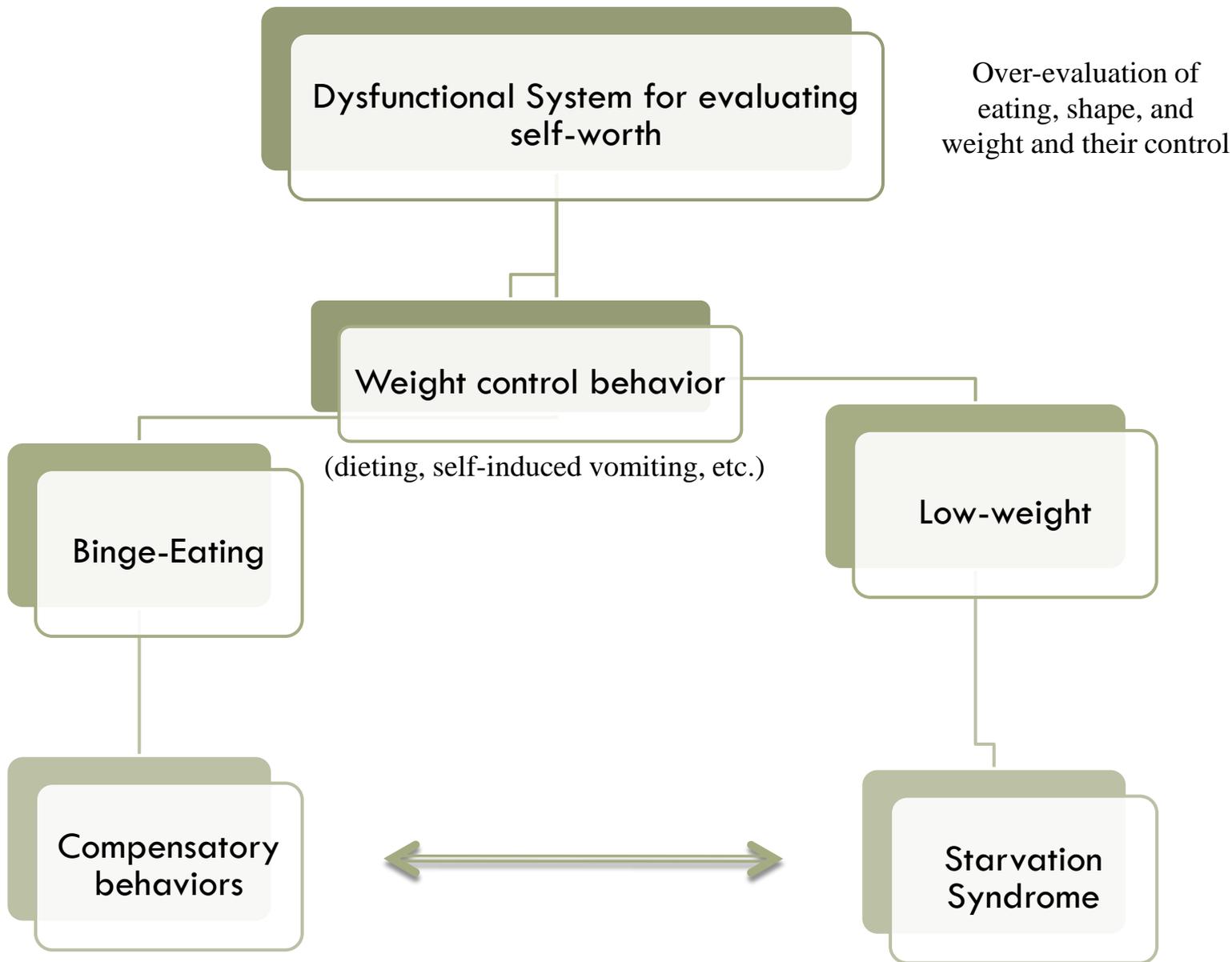
Perpetuating Factors



Self-esteem and Eating Disorders



Individuals with Eating Disorders
possess a dysfunctional system for
evaluating self-worth.

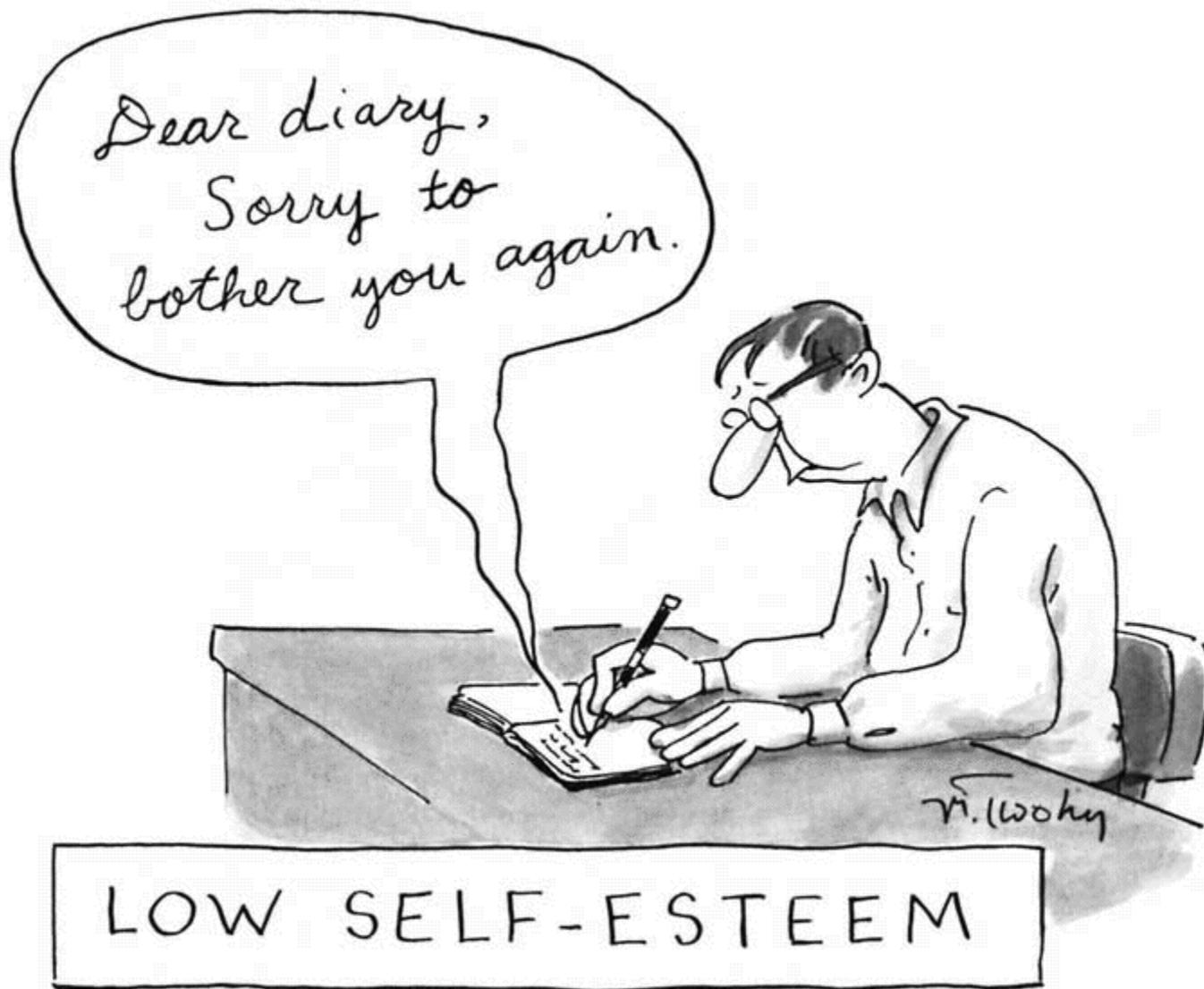


Self-Esteem and Eating Disorders: A vicious circle

- Low self-esteem has been implicated in the development of eating disorders

And.....

- Low self-esteem is often the consequence of eating disorders



LOW SELF-ESTEEM

Self-Esteem Can Be Cultivated

- People can be inspired, stimulated, and coached to practice certain ways of thinking and behaving that will increase self-esteem.

Assess Your Self-Esteem

Am I

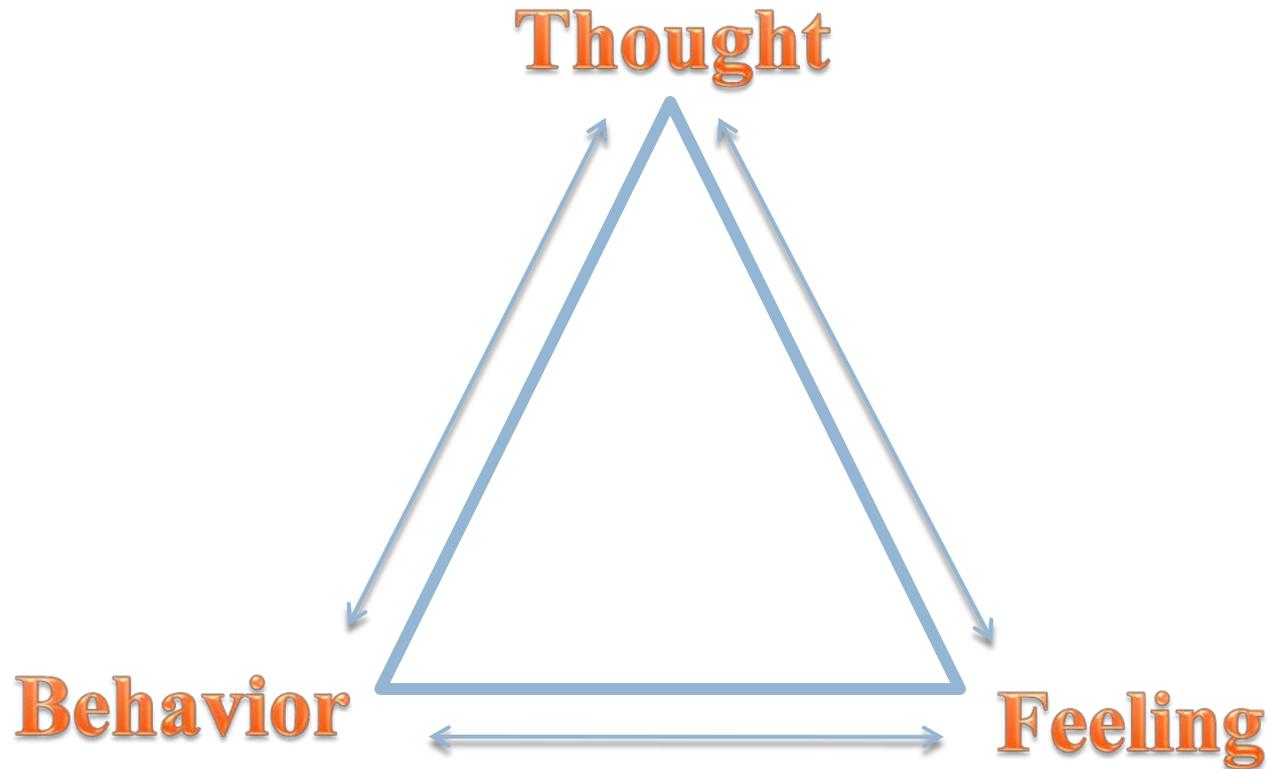
- shy?
- unassertive?
- avoiding aspects of life?
- controlling?
- obsessive?
- worthy?
- capable?
- overly focused on achievement?
- aggressive?
- confident in my ability to think, learn, and make appropriate decisions

Do I

- Respect myself?
- Deserve to be happy?

Cognitive Behavioral Therapy

You can change the way you **feel** by changing the way you **think** and changing **what you do**.



How to Begin to Make Changes

- **Developing new thoughts and attitudes**
- Changing behavior patterns
- Exposure to new experiences

You Feel The Way You Think

- Negative feelings do not result from bad things that happen
- Negative feelings come from your **thoughts** about what happens

Don't Believe Everything You Think

- “I’m stupid, lazy, and a failure”
- “Everybody is better, smarter, cuter than me”
- “There is something wrong with me”
- “I’ll never be good at anything”
- “I shouldn’t be so.....”
- “I should be more.....”

You Feel the Way You Think

“We are not disturbed by things but by
the **view** we take of them”

-Epictetus

Thought: “I am a worthwhile person if I am popular and people like and respect me”

Advantages

- ▣ I'll work hard to earn other people's respect
- ▣ When people like me, I'll feel great
- ▣ I won't have to think for myself. I can go along with the crowd

Disadvantages

- ▣ If someone doesn't like me I may get depressed.
- ▣ You can't please everyone all the time
- ▣ Other people will control my self-esteem
- ▣ Other people will be able to manipulate me

Question Your Beliefs About Self-Esteem



- What makes a person worthwhile?

What is a Worthless Person?

- Someone who does bad things
- Someone who fails or makes mistakes
- Someone who is lazy, unproductive
- Someone whom nobody likes
- Someone who can't do anything right
- Someone who does not have any talent

Question Your Beliefs About Self-Worth

- Think of someone you knew or admired who you felt was especially worthwhile.
 - What was it that made him or her worthwhile?

Self-Esteem

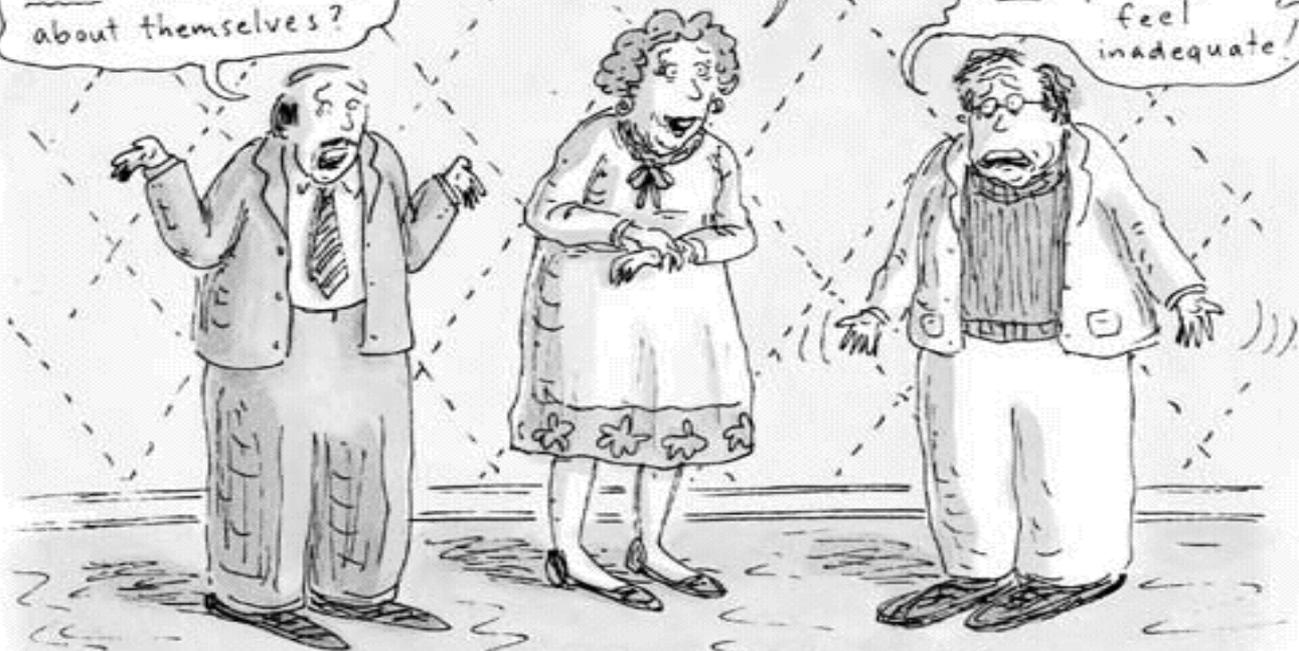
- Self-esteem is the capacity to like and respect yourself even when you don't succeed.

THE SELF-ESTEEM POLICE GO TO THE OLYMPICS

Won't the people who don't win feel lousy about themselves?

Why don't we just give everyone a medal that says "Participant"?

But that'll make all the non-participants feel inadequate!



R. Clunt

How to Begin to Make Changes



- **Developing new thoughts and attitudes**
- Changes in behavior patterns

Self-Monitoring Thoughts

- Use daily thought record
 - ▣ daily record of upsetting events
 - ▣ identify distorted thinking
 - ▣ generate more realistic, positive thoughts

Thought Recording

Event	Thought	Feeling
D on exam	“I’m a failure. I’m stupid. I’ll never be a success at anything.”	Shame Panic

Thought Recording

Event	Thought	Feeling	More Realistic Thought	Feeling
D on exam	"I'm a failure. I'm stupid. I'll never be a success at anything."	Shame Panic	"I do have a 3.6 GPA. I guess one test doesn't discount all the rest of my good grades. I usually do well on tests, so I will probably still	Disappointed but not devastated

Cognitive Distortions

Distortion	Example
All-or-nothing thinking	“If I am not performing perfectly, then I’m a loser.”
Overgeneralization	“I <i>always</i> ruin <i>everything!</i> ”
Jumping to Conclusions	Your friend is more quiet than usual, you think, “he’s mad at me, what did I do wrong?”
Discounting the Positive	Someone compliments you on your work, and you reply with, “ <i>Anyone</i> could do that.”
Labeling	You miss a basketball shot and say, “I am the biggest loser ever!”
Magnification	A student answers a professor’s question incorrectly, and immediately thinks, “How awful, now he thinks I’m stupid and I am going to fail, and never graduate.”

How to Begin to Make Changes

- Developing new thoughts and attitudes
- **Changes in behavior patterns**

What are some situations that make you feel inferior or low on self-esteem?

- Identify the situations
 - ▣ e.g., social settings, when being judged)
- Identify your emotional reactions
 - ▣ (e.g., sad, rejected)
- Identify your thoughts
 - ▣ (e.g., I'm not as good as...)
- Identify your typical response
 - ▣ (e.g., what do you do?)

Increase Your Awareness

Identify situations where you feel low in self-esteem

Situation	Feeling	Thought	Response
Parties	Anxious, embarrassed	“I don’t have anything important to say. People don’t want to talk to me.”	Avoid Parties

Challenge Your Thought

Situation	Feeling	Thought	Response	More Realistic Thought
Parties	Anxious, embarrassed	"I don't have anything important to say. People don't want to talk to me."	Avoid Parties	"Maybe I'm being too extreme. It's not true that I never have something to say. And there's no evidence really that I'm any more boring than anyone else."

Challenge Your Response

- More adaptive reaction:
 - ▣ Don't avoid
 - ▣ Develop plan for going to next party
 - go with a friend
 - stay for brief time
 - start with a small gathering
 - practice positive self-talk
 - talk to 3 new people

Behaviors that Build Self-Esteem



- Increase pleasurable activities
- Increase rewarding activities
- Increase activities that promote self-reliance

Monitoring Pleasurable Activities

Activity :	Pleasurable/Rewarding
Companion:	Self or Others
Predicted Satisfaction	0%-100%
Actual Satisfaction	0%-100%

Monitoring Pleasurable Activities

Activity :

Art Lesson

Companion:

Other students

Predicted Satisfaction

50%

Actual Satisfaction

80%

Monitoring Pleasurable Activities

Activity : Binge-eating

Companion: Self

Predicted Satisfaction 70%

Actual Satisfaction 40%

Building Self-Esteem

Review

- Assess your self-image
- Increase awareness of your thoughts of self
- Increase understanding of self-worth
- Monitor and challenge distorted thinking
- Monitor and challenge negative behaviors
- Incorporate pleasurable, rewarding behavior
- **Practice every day**

Conditional Self-Esteem

- “I am a worthwhile person because”...
 - I have done my best
 - I am loved
 - I am kind
 - of my success
 - I work hard

Conditional Self-Esteem

- If I do not succeed, do I think....
 - “I have failed”
 - “I am a failure”

Unconditional Self-Esteem



- You are already worthwhile, you don't have to earn it.
- You are worthwhile because you are a human being

Unconditional Self-Esteem

Advantages

- I will know I am worthwhile even when I'm having a tough time
- I won't be so afraid of failure/rejection
- I will always feel equal to other people
- I won't have to get so defensive when I'm criticized- my self-esteem won't be on the line
- **I can enjoy life more because I won't use up all my energy worrying about whether I'm good enough**

SELF-ESTEEM

“OF ALL THE JUDGEMENTS
WE PASS IN LIFE, NONE IS
MORE IMPORTANT THAN THE
JUDGEMENT WE PASS ON
OURSELVES.”

Nathaniel Braden, Ph.D. (1997)

QUESTIONS?



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