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-respect + Self-efficacy = Self-esteem

Branden, 1997
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
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

1. Unconditional Worth
2. Love
3. Growing
Self-Esteem Living

- Self-Awareness
- Self-acceptance
- Self-assertiveness
- Living purposefully
- Integrity
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:

- Think independently
- Learn from mistakes
- Make decisions
- Remain flexible
Consequences of High Self-Esteem

Increased ability to cope with life's difficulties

Increased Ambition
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

- Poor Performance
- Distorted view of self and others
- Limited Experiences/Unhappiness
- Lack of Self-confidence

The effects of low self-esteem can create a 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.
Over-evaluation of Body Shape, Weight, and Size

Predisposing Factors
- Individual
- Family
- Cultural

Precipitating Factors
- Dieting to increase feelings of Self-worth & Self-Esteem
- Starvation Symptoms & Reactions from Others

Perpetuating Factors

Garner (1993)
Self-esteem and Eating Disorders

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

Fairburn, 2003
Dysfunctional System for evaluating self-worth

Weight control behavior
(dieting, self-induced vomiting, etc.)

Binge-Eating

Compensatory behaviors

Low-weight

Starvation Syndrome

Over-evaluation of eating, shape, and weight and their control
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
Dear diary,
Sorry to bother you again.

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?

Do I

☐ Respect myself?
☐ Deserve to be happy?

☑ confident in my ability to think, learn, and make appropriate decisions
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!
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
<table>
<thead>
<tr>
<th>Event</th>
<th>Thought</th>
<th>Feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td>D on exam</td>
<td>“I’m a failure. I’m stupid. I’ll never be a success at anything.”</td>
<td>Shame, Panic</td>
</tr>
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<td>Thought</td>
<td>Feeling</td>
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## Cognitive Distortions

<table>
<thead>
<tr>
<th>Distortion</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All-or-nothing thinking</strong></td>
<td>“If I am not performing perfectly, then I’m a loser.”</td>
</tr>
<tr>
<td><strong>Overgeneralization</strong></td>
<td>“I always ruin everything!”</td>
</tr>
<tr>
<td><strong>Jumping to Conclusions</strong></td>
<td>Your friend is more quiet than usual, you think, “he’s mad at me, what did I do wrong?”</td>
</tr>
<tr>
<td><strong>Discounting the Positive</strong></td>
<td>Someone compliments you on your work, and you reply with, “Anyone could do that.”</td>
</tr>
<tr>
<td><strong>Labeling</strong></td>
<td>You miss a basketball shot and say, “I am the biggest loser ever!”</td>
</tr>
<tr>
<td><strong>Magnification</strong></td>
<td>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.”</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Situation</th>
<th>Feeling</th>
<th>Thought</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parties</td>
<td>Anxious, embarrassed</td>
<td>“I don’t have anything important to say. People don’t want to talk to me.”</td>
<td>Avoid Parties</td>
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<td>Feeling</td>
<td>Thought</td>
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</table>
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pleasurable/Rewarding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Companion:</td>
<td>Self or Others</td>
</tr>
<tr>
<td>Predicted Satisfaction</td>
<td>0%-100%</td>
</tr>
<tr>
<td>Actual Satisfaction</td>
<td>0%-100%</td>
</tr>
</tbody>
</table>
# Monitoring Pleasurable Activities

<table>
<thead>
<tr>
<th>Activity :</th>
<th>Art Lesson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Companion:</td>
<td>Other students</td>
</tr>
<tr>
<td>Predicted Satisfaction</td>
<td>50%</td>
</tr>
<tr>
<td>Actual Satisfaction</td>
<td>80%</td>
</tr>
</tbody>
</table>
# Monitoring Pleasurable Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Binge-eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Companion</td>
<td>Self</td>
</tr>
<tr>
<td>Predicted Satisfaction</td>
<td>70%</td>
</tr>
<tr>
<td>Actual Satisfaction</td>
<td>40%</td>
</tr>
</tbody>
</table>
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”
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
“OF ALL THE JUDGEMENTS WE PASS IN LIFE, NONE IS MORE IMPORTANT THAN THE JUDGEMENT WE PASS ON OURSELVES.”

Nathanial Braden, Ph.D. (1997)
QUESTIONS?

www.EatingDisorder.org
(410) 938-5252