Building Self-Worth

Building Self-Worth and Self-Concept

- Our "self" is a composite of all the aspects of life that give us an identity.
- Our self is a picture puzzle made up of thousands of pieces all fitting together to make a picture.
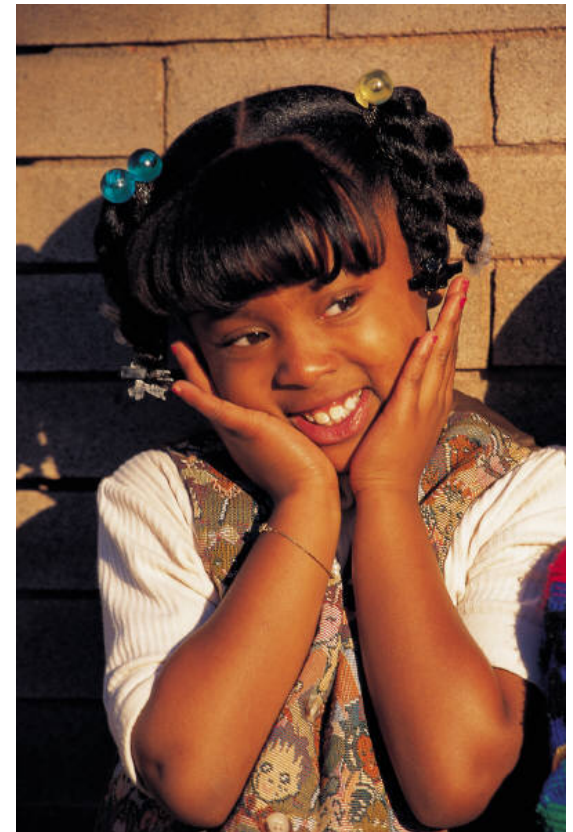
Building Self-Worth and Self-Concept

- Our self-worth is the value we give that picture.

- That value can range from low to high and can vary during different times and circumstances of our life.
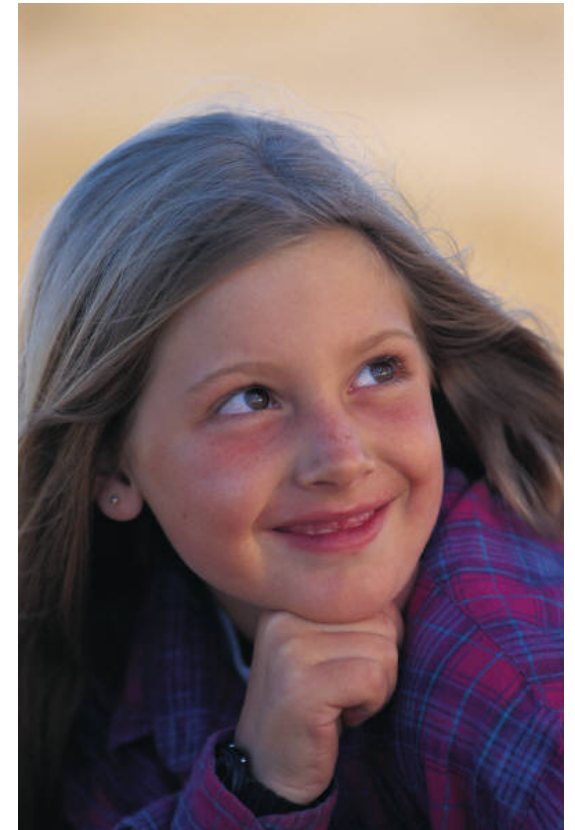
Self-Esteem

- Self-esteem refers to the way people feel about themselves.

- It describes feelings about the self.

4

Self-Concept

- Self-concept is what people think about themselves.

- Self-concept is the thoughts one has about himself or herself.

Self-Worth

- Self-worth is the overall way people think and feel about themselves.
- Self-worth is the combination of self-esteem and self-concept.

Children and Their Self-Worth

- Three primary sources are responsible for strongly influencing self-worth.

  - **Family**
 - **School**
  - **Community**

Self-Worth and Life's Experiences

- A child's overall feeling of self-worth is developed from the way the child is treated growing up.

- The most significant time for children to develop self-worth are the early years when parents and other family members make the biggest impression and set the foundation for future growth.

Self-Worth and Life's Experiences
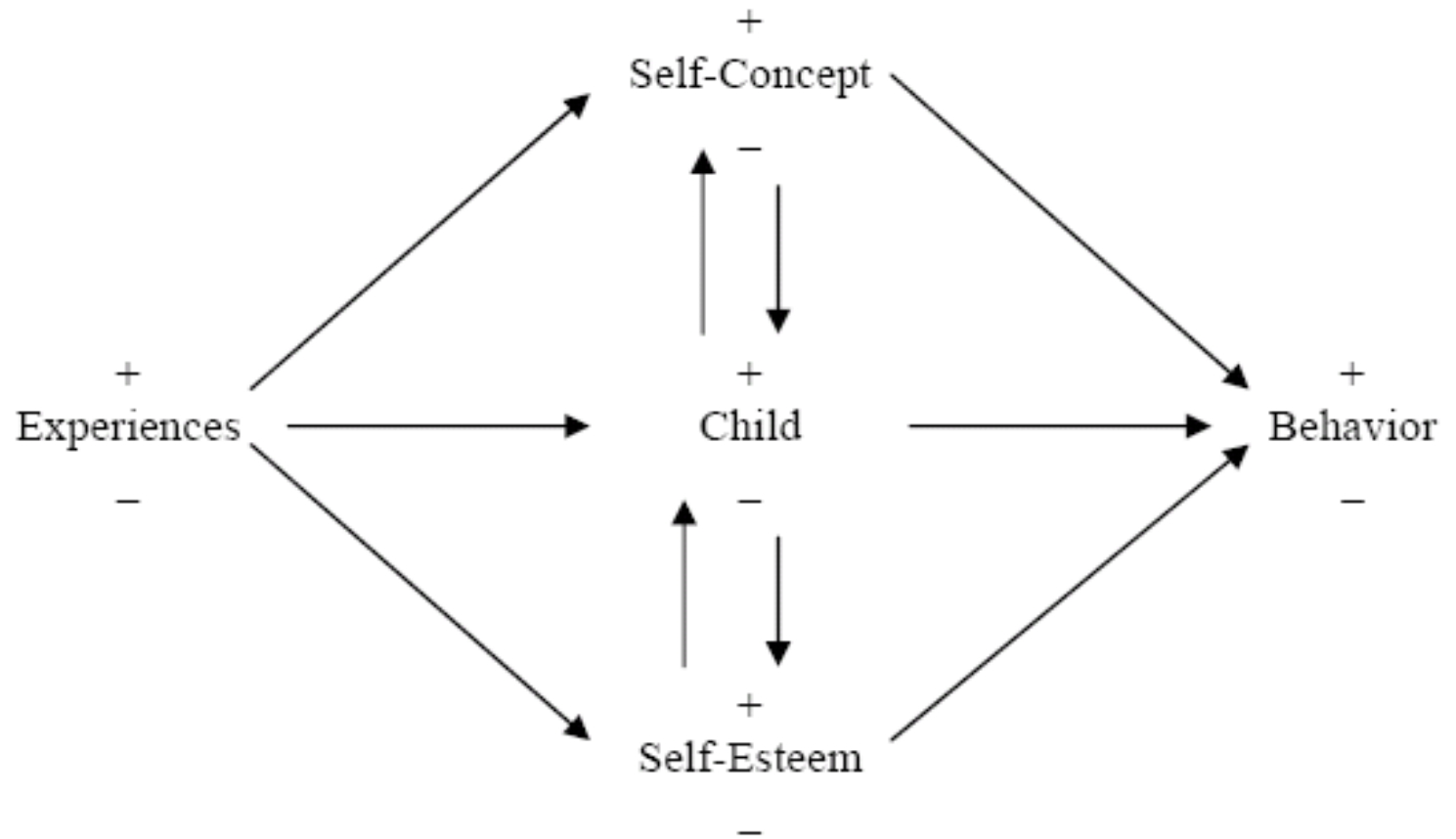
Self-Worth and Life's Experiences

- When experiences a child has are positive, the impact on the child's self-concept (the way he or she thinks about him or herself) and self-esteem (the way he or she feels about him or herself) is positive.

10

Self-Worth and Life's Experiences

- When life's experiences have been negative, the impact on the child's self-concept and self-esteem is negative.

- This can result in a child's behavior being troublesome and quite possibly destructive.

Why Maintaining a High Self-Worth is Important

- People with a high self-worth generally treat themselves, others, and the environment with respect.

Why Maintaining a High Self-Worth is Important

- Others generally like to be around people who like themselves.

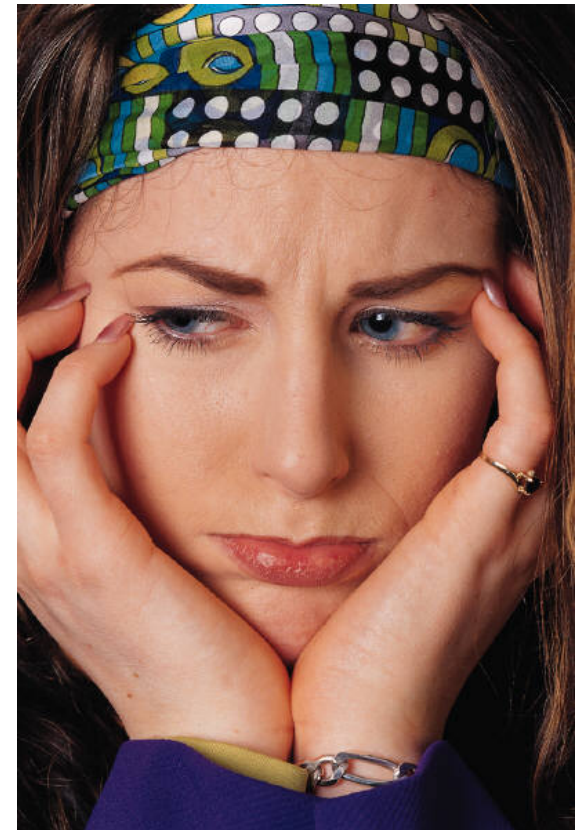# Why Maintaining a High Self-Worth is Important

- Parents who value their own worth can more easily value the worth of their children.

Self-Concept + Self-Esteem = Self-Worth

- **Self-Concept** is the way people **think** about themselves.

- A self-concept can be positive or negative.

15

Self-Concept

+ Positive Self-Concept
I am a capable person.
I am loveable.
I am fun to be with.

- Negative Self-Concept
I am incapable of doing anything right.
No one could love me.
I am a bore.

Building Self-Worth and Self-Concept

- **Self-Esteem** is the way people **feel** about themselves.
- Self-esteem can be high or low.

Self-Esteem

+ High Self-Esteem
  I deserve to be treated with respect.
  I am worth something.
  I accept compliments and praise.

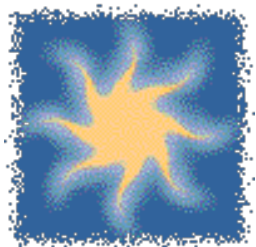**- Low Self-Esteem**
  I deserve to be hit.
  I am worth nothing.
  I reject compliments and don't like myself.

The way we **think** and **feel** about ourselves
  will determine our self-worth.

Can We Improve Our Self-Worth?

- Yes you can! The most important first step is identifying the labels we have for ourselves.

- A personal label is like a name that, over time, becomes an identity.

- When a negative label becomes an identity, it begins to eat away at our self-worth.

Labels

POSITIVE		NEGATIVE
Smart	⟷	Dumb
Able	⟷	Klutz
Focused	⟷	Scatter Brain
Friend	⟷	Jerk
Considerate	⟷	Thoughtless

Labeling Children

- The image that children develop of themselves is the result of parental perceptions.

- These perceptions are expressed in labels: names we give our children.

Labeling Children

POSITIVE		NEGATIVE
Cooperative	⟷	Uncooperative
Intelligent	⟷	Stupid
Active	⟷	Lazy
Caring	⟷	Bully

What's in a Label?

- It doesn't help that labels are used in school (gifted, learning disabled, etc.) and by peer groups (jocks, geeks, etc.).
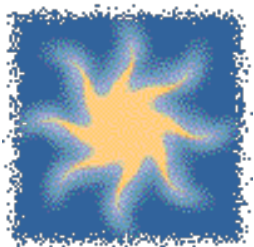
What's in a Label?

- It's difficult for children to develop positive self-worth when it appears the world is ready to label them–with an emphasis on the negative.
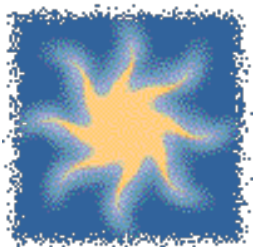
10 Ways to Improve a Child's Self-Worth

- Put children in situations where they can succeed at doing what you want them to do.

- Expect the child to succeed in a small, specific situation.

10 Ways to Improve a Child's Self-Worth

- If your child does not succeed in a specific situation, problem solve and determine what is undermining the child's attempts at success.

- Every time you see your child behaving in the desired way, praise him or her, and write it down.

10 Ways to Improve a Child's Self-Worth

- Tell someone else how the child is behaving, and make certain the child can hear you.

- Act in a way you want your child to act, then praise yourself for acting that way.
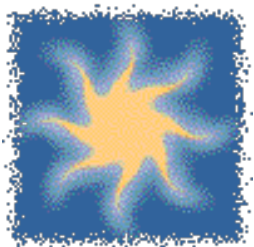
10 Ways to Improve a Child's Self-Worth

- Visualize your child as already being the new positive label, and then relate to the child with the new label.

- Show respect for the child's feelings and opinions even though you might not agree with them.

10 Ways to Improve a Child's Self-Worth

- Be careful to give children comments on their strengths as well as on their weaknesses.

- Be patient.