The Golden Rule in Reverse
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really look like? It encompasses the mind and the body. Simple choices, combined over time, can really make a difference about how you feel about yourself.

• Eat when you’re hungry
• Get enough sleep
• Exercise regularly
• Call a friend when you’re lonely
• Have a good laugh
• Don’t take everything so seriously
• Ask for help when you need it
• Set personal and interpersonal boundaries
• Reward yourself for a job well done
• Take a deep breath when you’re scared
• Ask yourself, “What do I need right now to take loving care of myself?” Then listen for the answer
• Don’t take everything so seriously
• Have a good laugh

How often do we treat ourselves with the kindness and love we seek to bestow upon others?

Marlene Darling

Go for it! ~Marlene Darling

A Self Esteem Check List

Mark a T (True) or F (False) after each statement:

T F
___ I place a high value on what others think of me.
___ I consider it a failure when I do not accomplish my goals.
___ I rarely do anything fun.
___ I rarely do anything fun.
___ It’s hard for me to say I am sorry.
___ It’s hard for me to say I am sorry.
___ Change scares me.
___ I find myself thinking, “Why even try? I won’t make it.”
___ I place a high value on what others think of me.
___ It’s hard for me to say “no” to people.
___ It’s hard for me to say “no” to people.
___ It’s hard for me to say “no” to people.
___ It’s hard for me to say “no” to people.
___ I consider it a failure when I do not accomplish my goals.
___ I rarely do anything fun.
___ It is not ok for me to put myself first.
___ It’s hard for me to say I am sorry.
___ I rarely do anything fun.
___ It is not ok for me to put myself first.
___ I place a high value on what others think of me.
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___ It’s hard for me to say I am sorry.
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___ It’s hard for me to say I am sorry.
___ I find myself thinking, “Why even try? I won’t make it.”
___ I consider it a failure when I do not accomplish my goals.
___ I rarely do anything fun.
___ It is not ok for me to put myself first.

Marking more than a few of these statements as true may indicate low self-esteem. Practicing the ideas in this newsletter may help you feel better about yourself. If you marked many of the statements true, we invite you to contact the Center for New Directions at (208) 282-2454 for an appointment with a counselor.

Self Esteem

The mission of the Center for New Directions (CND) is to assist women and men in transition to reduce barriers to education and employment, to access educational programs and employment, and become personally and economically self-sufficient. CND staff selected self-esteem as the theme for this edition of our newsletter since self-esteem shapes many of the choices we make for ourselves. We invite you to make an appointment to discuss your educational and employment goals and the steps you can take to achieve your goals. The Center for New Directions offers:

• Career counseling
• Personal counseling
• Free and confidential services
• Hours are Mon. through Fri. 8:00 am – 5:00 pm
• Monday evening appointments are available
• Workshops: Getting into College; Career Exploration; Basic Computer Skills; How to Find a Job

~Christine Brower, CND Director

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Gaining Self-Esteem

Self-esteem can seem difficult to achieve and hard to hang on to. Self-esteem isn’t something that a person can possess once and for all. Self-esteem has to be continually nurtured and maintained. So, how do you develop and maintain feelings of self-respect and self-love?

One place to start is to get to know yourself. We have to know what there is about us to esteem! Many people do not have a sense of who they are as a person. They may have focused on everyone else in their lives and have no idea who they are, how they feel, what they need and want, or what is positive about themselves. It is difficult to really like someone when you don’t know them.

Some individuals are unaware of their positive characteristics. They may pay attention solely to those characteristics about themselves they do not like. They refuse to give themselves credit for their positive traits, discount them as insignificant or credit them to someone else.

Comparing ourselves with others is another behavior that has a detrimental effect on self-esteem. It is an illusion to think that there is anyone who has it all! We compare ourselves and our lives to others and we may believe we fall short. We imagine who has it all! We compare ourselves with others is an illusion to think that there is anyone who has it all! We compare ourselves and our lives to others and we may believe we fall short. We imagine who has it all! We compare ourselves with others.

Individuals with high self-esteem recognize both their strengths and weaknesses and like themselves anyway. They have learned to accept their humanness and their flaws. That isn’t to say they are not going to change certain things about themselves; it means that their flaws do not totally define them. They develop their positive traits as well as work to improve their negative ones.

Another way to improve self-esteem is to make sure you are the only one who decides your self-worth. Don’t give that job to anyone else. Base your self-esteem on your own opinion of yourself. When you let someone else determine your self-esteem, you are at risk of losing it. Of course it feels great to have someone care about you and help you to feel good about yourself. We all need that!! Just make sure that your self-esteem can stand alone and is not dependent on someone else giving it to you.

Each one of us has the power and responsibility to determine our own self-worth. We get to choose! Figuring out who we are and developing a solid belief in ourselves takes time, effort and courage. However, the rewards can be awesome!

Dianne Norton

When we don’t acknowledge the positive in our lives, there is not much left to focus on but the negative. This is why it is so important that we give ourselves permission to take credit for our efforts and to like the person we are and not solely the person we hope to become. We don’t have to wait until we have accomplished every goal to feel proud of ourselves. Every step of every journey is an accomplishment.

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Give Credit Where Credit is Due, Even if it is You!

Malcolm S. Forbes said, “Too many people overvalue what they are not and undervalue what they are.”

For many of us, this statement is true. We may focus on what we want to do and neglect to give ourselves credit for the things we have done, for the qualities we possess, and the person we are.

Humility is considered a virtue. Having pride in one’s self is also a virtue. The two are mutually compatible. Humility is defined as not having arrogance or false pride. It is both possible and healthy to feel proud of who you are.

Imagine two babies learning to walk. One is encouraged when he or she takes a step. The other isn’t criticized when he or she falls, but neither is he or she encouraged. The child’s parent is waiting for the child to reach the goal of walking and the child will not receive an acknowledgment until the goal is reached. Which baby do you think will be more successful, more confident, in his or her endeavors to walk? When it comes to acknowledging our efforts, our baby steps, we may dismiss them or focus on the falls rather than the steps.

One way to acknowledge your worth is to see taking credit for your success as an integral part of taking responsibility for your actions. What are some of your accomplishments? What barriers have you overcome? In what ways are you working to overcome current barriers?

~Donna Summers

“It took me a long time not to judge myself through someone else’s eyes.” ~Sally Field