

SELF WORTH

Self-worth is the internal sense of being a good person who deserves to be treated with respect and worthy of love and belonging. Self-worth is at the core of our very selves - our thoughts, feelings, and behaviors are intimately tied into how we view our worthiness and value as human beings. Self-worth is determined mostly by our self-evaluated abilities and our performance in one or more activities that we deem valuable.

How would you describe your self-worth right now?

Think about:

- What words would you use to describe yourself?
- What value did you place on yourself or aspects of yourself?
- Were your descriptions generally positive, balanced, or negative?
- Where did your messages around your worth come from?

Low self-worth is having a generally negative overall opinion of oneself, judging, or evaluating oneself critically, and placing a general negative value on oneself as a person. People with low self-worth often criticize themselves and abilities, brush off compliments or positive qualities, focus on mistakes, what they didn't do, or what other people seem to do or have. This low self-worth may manifest in different ways for people.

- In school or work, may avoid challenges and achieve less
- In personal relationships, may become upset or distressed by any criticism or disapproval.
 - They may bend over backwards to please others
 - Be extremely shy or self-conscious
 - Avoid or withdraw from intimacy, vulnerability, or social contact
 - Less likely to stand up for themselves from being abused or neglected

There are many ways you can increase your self-worth. Self-compassion is a wonderful place to start. Self-compassion is the ability to be kind to yourself and actually say and do kind things towards ourselves the same way we would a good friend. We can remind ourselves that everyone makes mistakes and is imperfect as this is what makes us all humans. The resources below may

help in gaining insight into what impacts your self-worth and increasing your self-worth with self-compassion and other methods acceptance and healing.

Handouts/Websites

Self-Worth from Positive Psychology

Self-Worth Blog- PsychAlive

Self-Compassion Exercises from Positive Psychology

Free Self-Compassion Workbook and Handouts

Podcasts/Videos

Podcast: On Purpose with Jay Shetty

Podcast: The Courageous Worth

Podcast: Podcast: Being Well, Self-Compassion

TED Talk: Adia Gooden, “Cultivating Unconditional Self-Worth.”

TED Talk: Weiyang Xie, “Dare to Rewire Your Brain for Self-Compassion.”

TED Talk: Judge Helen Whitner, “Changing Your Identity by Understanding Your Self Worth.”

Books

You Can Heal Your Life, by Louise Hay

The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are, by Brene Brown

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive, by Kristin Neff.