

# **National Relationships Repair Month**

## *Self-Esteem For Adults*

This Report Is Part of Week Two of The  
"National Relationship Repair Month".

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# National Relationships Repair Month

## *Self-Esteem For Adults*

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### *Self-Esteem For Adults*

In this text, we will discuss the self. That is, your self! Remember that in any relationship, a firm confidence in the future of the relationship requires a firm confidence in yourself - your abilities to make the relationship work, that you have skills and traits to offer, that you have good qualities worth loving.

Quite often, a relationship that isn't working as it should involves some lack of self-esteem. When self-esteem is low, there can be various modes of interaction that are not very constructive.

You may keep things from your spouse in order to avoid conflict (and avoiding conflict doesn't help, as we've learned) or to avoid criticism (which means avoiding personal growth).

There are various ways people deal with low self-esteem, and many are damaging to you and your health. Anger can be turned inward, there may be chronic guilt or depression, perhaps even negatively judging and hurting other people to diminish attention on personal flaws.

None of that helps you live a healthy, happy life with your spouse! No one should have to live with feelings of uselessness or lack of worth; every human being is capable of amazing things, and deserves to see that in themselves!

If you arrived here because your survey results indicated a lack of self-esteem, read on. Here, we will offer tips about how you can improve your self-esteem, which will lead to more trust and openness in the interactions between yourself and your spouse.

At its heart, low self-esteem creates shame about the self - its wants, needs and behaviors. By overcoming this shame, you can articulate who you are, what you want, and your rights to equal treatment and respect.

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## Improving Self-Esteem

Let's look at some ways to improve self-esteem in your adult self. The first six are taken from an article at Buzzle.

### Activity 1: Appreciation

Basically, when you are appreciated for what you do, you feel your self-esteem increase, right? One will only get appreciation for their work, when they are good at it. More so, to be good at something, you need to enjoy it. QED, when you are enjoying what you do, your self-esteem will be on a high. So, enjoy your work. Even if it is a boring monotonous job, spice it up by improving self-esteem. Set unrealistic, adrenaline boosting targets for yourself, and achieve them. It works, I do it. More so, socialize (only to a certain extent) with your colleagues. This will give you a strong feeling of belonging when you enter the office each morning. Trust me, when you feel welcomed in the office, your self-esteem reaches amazing levels.

#### Task:

Make a routine to appreciate your co-workers with genuine appreciation phrases.

#### Note:

You can also use this style of communication when you want to appreciate something positive in your partner's behavior:

#### Appreciative Assertion Messages examples

When \_\_\_\_\_ you take care of closing all the lights for us each night  
I feel \_\_\_\_\_ very grateful  
Because \_\_\_\_\_ is a task done we can rely on

Be sure to observe something that is real, and consistent, and good.

When \_\_\_\_\_ you are there supporting my work challenges  
I feel \_\_\_\_\_ very privileged  
Because \_\_\_\_\_ all makes more sense with your support.

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## Activity 2: Appearance

Did you know that the appearance plays a very major impact on one's self-esteem? You did, didn't you? Still many people choose to avoid that tiny detail. Make sure you do justice to the features that you have been blessed with.

Men can make sure that their hair and face are always groomed, clothes well ironed and color coordinated. Women, need to make sure that they have the basic make-up on, hair maintained and in place and clothes as per style and comfort. Trust me, when you feel a few heads turn in your direction, your self-esteem gets an instant boost. It took my friends and family about a year to get me to understand this, I hope I succeed at a faster rate, with you!

### **Task:**

Make a list of your best physical attributes, and design a plan to show them off.

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## Activity 3: Physical Exercise

Work out! I am serious. Regular work out helps the body release the toxins faster. The skin shines and one is fitter and in better shape. If you are fit, you know that you can get out of a sticky situation faster than otherwise. This itself helps boost your confidence.

More so, a fit person, has a healthy and attractive vibe around them. This attracts people to them. When everyone around you, wants to be with you, don't you think your self-esteem will pick up? It will most definitely increase. So, work out on a regular (not necessarily daily) basis, and keep yourself fit.

It will really bring up your self-esteem, as well as self-confidence.

### **Task:**

Design your own exercise plan, and set goals to accomplish it. Recruit the help of some friends to keep you accountable with the exercise plan.

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### Activity 4: Resource Yourself

Take time out for yourself. It is very important to give yourself first priority. People often lose themselves in the rut and forget about their own needs and thoughts. Remove time out for yourself on a daily basis and do something that you really want to do. This really helps in overcoming low self-esteem. Make sure that you spend at least half an hour, by yourself, reflecting on the day's events, relaxing or meditating on your goals. This helps understanding things better, and preparing yourself for the next day better.

**Task:**

There is more information about meditation and self-centering at the end of this text.

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## Activity 5: Recognition

Recognition and development of one's special gifts and talents. You need to know what you are good at, and keep doing that regardless of people's opinions.

### **Tasks:**

Make a list of your best skills, with examples.  
PRINT and post near your work place.  
Tell yourself daily: "I'm very good at..."

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### Activity 6: Cultivate Your Self-Esteem

Last but not the least, one of the biggest tools to high self-esteem is being aware and taking charge of developing it. Many people give in to the slight depressions of life.

The important tool here is to accept the downs and expect the ups. Once you come to terms with the fact that life will come with its set of failures, you will not get thrown off guard by them.

You will be more prepared, which will make their impact on your life less. This in turn will help your self-esteem increase. Victory over defeat gives strength, you just have to see it.

**Activity:**

Keep a visual record of your best works: photos, mementos. etc. always visible.

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## Conclusion

As you can see, many forms of improving low self-esteem have to do with self-improvement. When you work on yourself, you become much more aware of your humanness - your strengths and weaknesses, combined into a healthy person.

Meditation, yoga and t'ai chi are also all excellent ways to get more "in tune" with your self, and appreciate your self down to the smallest breath. You can also do these with your spouse, to become more in tune with each other!

Here are some interesting things you may want to meditate on, if this is an activity you want to try (from View on Buddhism):

"If I cannot accept myself as being human, how can I ever accept and trust others? If I cannot accept and trust others, how can I respect and love them? If I cannot respect and love others, how can they respect and love me?"

Spirituality is going beyond our self and self-interested focusing, it requires courage, independence, faith in our own potential as a human being... Note that these aspects all refer in some way to self-confidence and self acceptance.

By falling over and getting up many times, children learn that walking is possible. In judo, falling many times teaches you to fall without pain; we cannot always avoid falling, but we can often learn to avoid the pain!

Self-confidence comes from being challenged to one's limits, meeting them and then setting new limits.

If I let the fear of making mistakes control my life, I could not do anything at all but lead a completely useless life, is that not something to be very afraid of?

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Perhaps the following prayer can be a powerful motivation as well as dedication for any (meditation) practice:

*'May I become at all times, both now and forever  
A protector for those without protection  
A guide for those who have lost their way  
A ship for those with oceans to cross  
A bridge for those with rivers to cross  
A sanctuary for those in danger  
A lamp for those without light  
A place of refuge for those who lack shelter  
And a servant to all in need.'"*

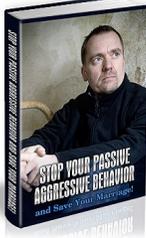
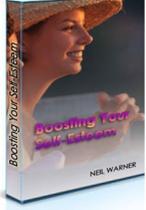
### **WHY IS IT IMPORTANT TO CARE ABOUT YOUR SELF ESTEEM?**

Because balancing a strong self-esteem against life's daily challenges is what resilience is all about... resilience is the ability to master life's changes and grow and develop with them.

Included with self-esteem, there are creativity, a sense of humor and the ability to take a perspective on our own lives... All these attributes help us to keep learning and becoming more complete persons while we keep living.

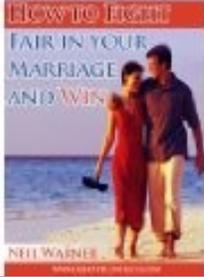
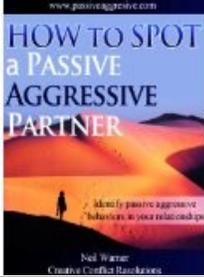
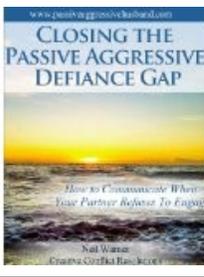
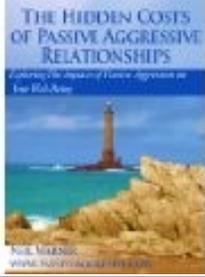
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## Also From Creative Conflicts

 <p><a href="#"><u>"Stop Your Passive Aggressive Behaviour": A Solution Just for Passive Aggressive Men!</u></a></p>	 <p><a href="#"><u>"The Tao of Anger": How to manage anger in your relationships.</u></a></p>	 <p><a href="#"><u>"Turn Conflicts Into Love": Handle conflict wisely and watch your love grow.</u></a></p>
 <p><a href="#"><u>"Boosting your Self-Esteem": The Source Of Your Life Energy!</u></a></p>	 <p><a href="#"><u>"Healing Emotional Abuse": How to heal after emotional abuse.</u></a></p>	 <p><a href="#"><u>"Recovering from Passive Aggression": How to heal after a passive aggressive relationship.</u></a></p>

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Now on Amazon Kindle

			
<a href="#"><u>How to Fight Fair in Your Marriage and Win</u></a>	<a href="#"><u>How To Spot a Passive Aggressive Partner</u></a>	<a href="#"><u>Closing the Passive Aggressive Defiance Gap</u></a>	<a href="#"><u>The Hidden Costs of Passive Aggressive Relationships</u></a>