

LOW SELF ESTEEM

Self esteem = assessing one's own success in areas such as:

- power to influence others
- significance in acceptance
- affection or attention of others
- virtue, moral, or ethical standards
- competence & the demands of achievement

COMPARISONS ARE ODIOUS.
 Especially comparing the best you can do with the best someone else can do and thinking of your best is not valuable.

Question: Why does he/she suffer from low self-esteem?

Answer: pride

ego risks failure

Question: What is failure?

Answer: There are different degrees of "failure" *not all are bad, but man can be.*

less than my enemy's best, *my competitor, my adversary, my sworn foe*

less than most people

less than everyone can do

less than my best

"To lose having given great effort is better than to win with ease." pjm

A slow and not so well liked boy was fearful that he wouldn't have a Valentine for every child in his class. He came home that after having given away all his cards but not receiving a single one in his own bag. Mom gave him a comforting hug and he blurted out with a huge smile, *"Mom, I didn't forget anyone's name! I had a card for everyone."*

Question: How does his/her low self-esteem affect his children, wife, friends, employment?

Answer: Always negatively

reserved in esteeming others

quick to find slight faults *[which largely go unspoken by most]*

kindnesses may be given out of guilt rather than altruism

affirmation is given out of necessity

fear of being surpassed at work, games, appearance, ability, etc.

resentment of being passed over at work even though he is far less deserving in output

resentment of authority of any kind, especially by those he considers inferior

fewer compliments

less appreciation of efforts of others

harsher punitive results on others than he feels he should get if e were the guilty party

rationalization for producing lower quality work

frequent getting back or getting even

bitterness toward God for gifting others more

poor "winner" condescending toward "losers"

broadly bigoted, treating themselves as intrinsically better than others

"People I don't admire" - girls, parents, disabled, rich, blacks, whites, Muslims, foreigners, sissies, stupid, drop-outs,

academics, non-in-crowd, ugly, in-crowd, athletes, Catholics, strong, rap, geeks, sophomores, ad infinitum

They value the achievements of others less than the effort.

However, as a professor, yes I do tell my students, "God grades on effort, but I grade on results."

It's all about comparisons. Comparisons are odious!

"The one who has the most toys, wins!"

Actually,

The one with the most friend, wins.

The one with the shortest list of "Things I Hate," wins.

The one with the shortest list of "People I Hate," wins.

The one with the longest list of people he helped, wins.

The one with the shortest list of "Things I Can Do Better Than Anybody Else," wins

Add 3 more

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"Isn't God a great counselor? Elijah is in depression, and He says to Elijah, 'Get over it!'"

Stan Ponz, pres. Florida Bible College of Orlando

DEALING WITH TEENS & LOW SELF ESTEEM

Happy people don't envy, and because they don't envy they are happy, because happy people don't envy. HAPPINESS IS A CHOICE, that's because happiness [contentment] is a command God gives. You can choose to be happy even if you have always chosen to compare yourself to other people all your life.

Our best, consecrated to God, is never failure. We can never be humiliated. We can compete with true satisfaction [disappointment obviously included] even when we lose. *EX. Chariots of Fire*

By age 7 or 8 a guidance counselor can spot low self-esteem.

SELF-ESTEEM QUIZ

Rate yourself

- achievement
- intellect
- interpersonal relationships
- physical
- social responsibilities

Very true about me ----- very untrue

Some evaluate themselves favorably in 4 categories yet have low esteem issues because of the weight of the 5th.

We evaluate traits by several means.

- traits esteemed by someone we admire
- Traits esteemed by someone who is hard to please
- Traits esteemed by "everyone" *how we define whether "everybody" includes: NASCAR, rock star, billionaires, TV hosts of daytime or late night, skateboarders, dll.*
- At the Olympics 2016, I noticed athletes' hair styles. Different events sported very short hair, Mohawks, shaved bald, long on top-shaved sides, long women's hair, very short women's hair, etc.
- Same goes for those who win TV trophies for: classical music, country, jazz, television, movies, opera, Dove *[no mullets, no flat tops, no Afros, no page-boy, no saddle shoes, etc.]*
- Some foolish fathers tell their kids, "You have to stand up for your rights. Don't let the kids treat you that way." *EX pjm—anger at paint salesman last sentence was, "I'm a Christian, and I"*

Macc 275

Coopersmith Self-Esteem Inventory

Yes

No

- I'm pretty sure of myself.
- I often wish I were someone else.
- I'm easy to like.
- I find it very hard to talk in the front of the class.
- I'm proud of my schoolwork
- I'm popular with kids of my own age.
- My parents usually consider my feelings.
- I give in very easily.
- I can usually tak care of myself.
- I don't care what happens to me.
- My parents understand me.
- Ids usually follow my ideas.
- Things usually don't bother me.

Cooper Smith, 1967

God don't make no junk!

God made pretty people and He made ugly people *[don't you say that everybody is pretty]*. God made smart people and