Stop Spreading Negative Messages

If low self-esteem starts with people who make negative comments about us that we believe, then it’s time we stopped listening to them and created our own internal dialogue instead of reflecting someone else’s ideas.

Imagine yourself as a two year old. Most two year olds are very confident individuals and they do not suffer with negative self-talk that contributes to their self-esteem. Think of a two year old who sees something they want, and then does whatever they can think of to get it.

To realign your thoughts about yourself, and to create patterns that help to increase your self-esteem, we’ll offer several tips throughout the course. They might sound childish and simplistic, but instead, think of it as re-conditioning yourself to enter that determined, confident state.

Low self-esteem can make us generalize a truth and apply it to everything. “I’m one day late on this deadline,” becomes “I am always late. I can’t get anything done. I am such a loser.” Make sure you stop yourself from making these generalizations. You were a day late on that deadline. This means that you’ll probably want to rearrange some things to make sure this doesn’t impact other projects and make them late.

Do you tend to make negative comments about yourself to other people? We see people with low self-esteem do this frequently. When being thanked for something, they say “It’s nothing,” even though it is something remarkable. When they are given a compliment, they say “Oh, this is so old. I can’t believe you noticed it,” even when it isn’t.

When someone thanks you or pays you a compliment, say “You’re welcome,” or “Thank you.” No other words are needed. Remember that you are replacing old patterns that do not serve you with positive messages that do serve you. Be fair to yourself, and also respect them in their thanking your or paying you a compliment. Consider that what they say is probably true.

Avoid making negative or self-demeaning comments about yourself on social networks. How often have you seen status updates such as “I am so stupid,” or “I can’t believe I did that!?!” We also see photos online of people who have been drinking heavily, using drugs, or somehow portraying a negative image. Do they serve your positive self-esteem patterns? If not, remove them, and then stop making those comments.