

**RESPECT YOURSELF** |

# RESPECT

## Noun:

a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

due regard for the feelings, wishes, or rights of others

## Verb:

admire (someone or something) deeply, as a result of their abilities, qualities, or achievements.

have due regard for (someone's feelings, wishes, or rights).

# PERSONAL IMAGE

Noun

the idea one has of one's abilities, appearance, and personality.

*“Self-image is how you perceive yourself. It is a number of self-impressions that have built up over time... These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.”*

## **Self-Image vs. Self-Esteem**

Similarly, self-image has a lot to do with self-esteem. After all, how we see ourselves is a big contributing factor to how we feel about ourselves.

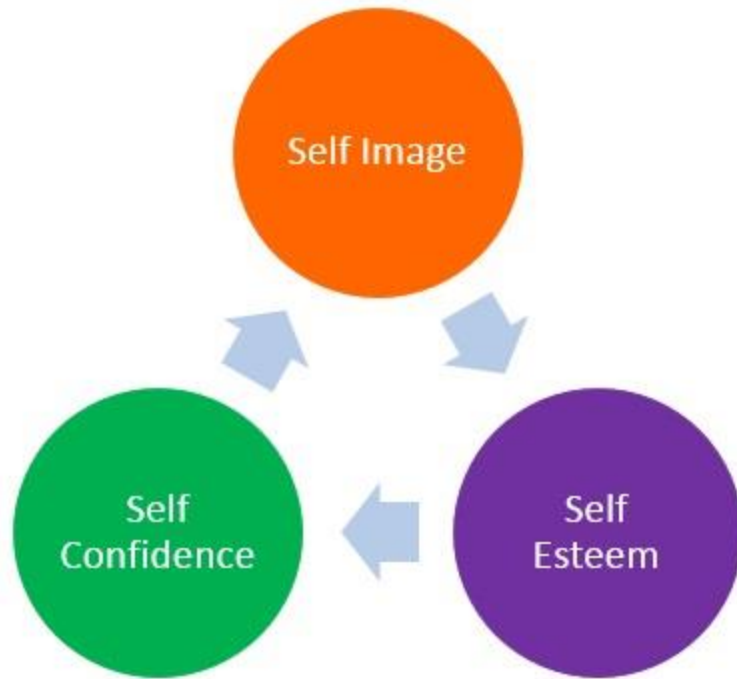
However, self-esteem goes deeper than self-image. Self-esteem is the overall sense of respect for ourselves and involves how favorably (or unfavorably) we feel about ourselves.

Having a negative self-image can certainly influence self-esteem, and having low self-esteem is likely to be accompanied by a negative self-image, but they are at least somewhat independent “self” aspects.

# PROMOTE POSITIVE SELF IMAGE OF YOUR CHILD

Your child's personal image is integrated to how they feel and act.

We would like children to respect themselves so that others will follow.



# RESPECT OTHERS, TREAT OTHERS HOW THEY WOULD LIKE TO BE TREATED — SO WHAT DOES THAT MEAN?

As parents/guardians/carers, we need to lead by example and show the children how to behave. But also to discuss with them what these words and actions mean.

Below are ways that you can use to help your children learn to love themselves and others.



# ACTIONS TO BUILD RESPECT

Keep your promises

Stop apologising – when you apologise it must be sincere

Don't waste other peoples time

Practice humility – you don't have to be right at everything

Speak positively and be polite – say good morning, say thank you

Treat people fairly – open the door for someone,

Personal image – respect the way they/others dress, be clean and tidy, cover aspects of their body that shouldn't be on show

Be open minded - respect peoples cultures and diversity – this does not mean we have to agree with their views, but be open to different to others views and opinions.

Believe that you can achieve, believe in your ideas

Control your emotions – it's ok to show your emotions, but think about you are reacting, is there a better time and place to deal with the situation



# BUILD SELF-RESPECT

Self-forgiveness

Respect others

Care about others

Stop gossiping

Focus – motivation matters, not just results

Self love

Responsibility – take responsibility for your actions

# 15

*affirmations*

for

**PERSONAL GROWTH**

1. I am proud of myself
2. I choose what I become
3. I am likeable and fun to be around
4. I am capable
5. I choose abundance
6. I am beautiful
7. I attract love
8. I define my worth and I am worthy
9. I love my body as it is today
10. I am comfortable in my own skin
11. My heart is open, love pours in and out
12. I welcome happiness in my life
13. I accept what is out of my control
14. I choose to be happy today and everyday
15. I am happy for my neighbor

# THE PROBLEMS THAT OCCUR WHEN OBSESSED WITH SELF-IMAGE

When a person gets obsessed with his or her self-image, it can wreak havoc in their life—especially when their obsession is with the physical dimension of their self-image.

Here are just a few of the risks of an obsession with your physical image:

Significant distress or impairment in social, occupational, or other important areas of functioning

Development of a clinical eating disorder

Development of Body Dysmorphic Disorder

Physical disfigurement

Depression

Anxiety

Persistent feelings of shame ([Butterfly Foundation for Eating Disorders](#))

Of course, many of these problems can spawn even more serious problems themselves; eating disorders can lead to being severely unhealthy—even leading to hospitalization or long-term health risks—and depression and anxiety can result in worsening mental health and functioning.



# ACTIVITIES THAT YOU CAN DO TO PROMOTE SELF IMAGE

## **List 10 Things You Love About Yourself**

This is a simple exercise, but one that can be very powerful.

All you need to do is list 10 things you love about yourself! Yes, this can be harder than it seems, but actively seeking out the positive in yourself will make it much easier to see yourself in a positive light.

If you reach 10 and have more to list, keep writing them down! It won't hurt to have extra things to love about yourself, after all.

## **List 5 Achievements of Which You Are Proud**

Another list exercise that can help is writing down at least five things that you are proud of yourself for doing or accomplishing. These achievements can be big things, like winning a national competition, or smaller things, like acing a test.

The achievement itself doesn't matter as much as the key point to the exercise—reminding yourself of what you are capable of and challenging yourself to rise to the occasion next time you run into an obstacle.

For extra self-image boosting, try writing a detailed account of each achievement you note.

## List 5 People Who You Have Helped

On the flipside, take a few minutes to write down 5 people who you have helped at some point. It doesn't need to be a giant gesture, just think about all the ways you have helped others—cheering a friend up when he or she was having a bad day, giving some money to a family member who was down on his or her luck or acting as a reference for someone to help them get their dream job or move into a great new place.

Write down what happened, how you helped them, and the ways they benefitted from your help. Think about this important point: the fact that you can help others demonstrates that you are someone with value to offer others.

Add this fact to your mental catalog and your view of yourself – that you have value and you share that value with others when you lend a hand. Keep this in mind as you go forward and continue to help others.

And then list 5 people who have helped you

## Gratitude Journal: Three Good Things

Encouraging your teenager to build a positive worldview and be more grateful for the things around him or her is also a great way to encourage their positive self-image.

The worksheet is split into seven sections, one per day of the week, and each day has three prompts for good things your teen can write about.

For example, Day 1 has:

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Day 2 gives these prompts:

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

Help your teen be a bit more positive and a bit more grateful by having them fill out this worksheet for one week. Their newfound gratitude will help them see the good in themselves, in those around them, and the world in general.

View the [Gratitude Journal worksheet](#) from Therapist Aid.

## Take the Teachable Moments

Once your child is sharing these sorts of observations with you, take advantage of the situation and use them as a teachable moment.

First, talk about why the behavior was inappropriate, how the behavior affected the child and the rest of the class, and how your child felt about it.

This invites an opportunity to talk about how certain behaviors are not consistent with family values. Merrill suggests saying something like, “[Classmate] sure is lucky to have you as an example of how to [better behavior].” This lets your child know what is desirable behavior and tells them that they are a good example of this desirable behavior, something they can add to their self-image.

## **Use Descriptive Praise**

Make sure to help them learn how to have positive self-talk later in life by using descriptive praise.

Rather than saying something generic like “You did good!” tell them exactly what they did and why it was good. For example, you might say, “Wow, you wiped down the table without even being asked. That shows initiative. I love it!”

Using this descriptive praise will help your child know what is good behavior and praiseworthy, and make them feel that being good and praiseworthy is achievable.

## Core Beliefs

This handy resource will help your teen figure out what thoughts and assumptions lie at his or her core, and help them decide whether to embrace them or work on replacing them with better thoughts and assumptions.

The beginning of the worksheet explains:

“Everyone looks at the world differently. Two people can have the same experience, yet have very different interpretations of what happened. Core beliefs are the deeply held beliefs that influence how we interpret our experiences.”

Next, the worksheet describes what a core belief is and how it can color our perceptions of the world and ourselves. It lists some common examples of harmful core beliefs, including:

- I’m unlovable
- I’m stupid
- I’m boring
- I’m not good enough
- I’m ugly
- I’m worthless
- I’m a bad person
- I’m abnormal
- I’m undeserving

Finally, the worksheet queries the reader: What is one of your negative core beliefs?

Once you write down a negative core belief you have about yourself, you can write down three pieces of evidence that cast doubt on your negative core belief—or are outright contrary to it.

[See this worksheet](#) or print it out for your teen to use.

For more ideas, check out Ester A. Leutenberg and John J. Liptak’s [Teen Self-Esteem Workbook](#).

# SUGGESTED VIDEOS

The Invisible Force - self-image – enables you to achieve great goals | Dan Lok | TEDxStanleyPark

<https://www.youtube.com/watch?v=C5dyGh3oMVQ&t=225s>

How to Build Self-Esteem – The Six Pillars of Self-Esteem by Nathaniel Branden

<https://www.youtube.com/watch?v=dhuabY4DmEo&t=13s>

Self Image - The Amazing, Absolute Key To All Personal Growth

<https://www.youtube.com/watch?v=UTjcsXnxPBQ&t=531s>

Self Esteem Tips: Dealing with Body Image Issues

<https://www.youtube.com/watch?v=lgqMqtnTJeE&t=172s>