

Self esteem vitamin injection

© 2015 Elisabeth Karsten, www.elisabeth-karsten.de/exercises

Clients often ask for a higher self esteem. Some never had it others experienced severe damage of it. But a healthy self esteem is indispensable to our ability to love ourselves unconditionally and that in turn is the premise for a fulfilled sense of being and fulfilling relationships - which makes it all existentially vital. This exercise can help with that. It is neither new nor unknown – there are several variations available in many selfhelp books, recommended by therapists, trainers and coaches. This is my version:

Write down everything you like about yourself – if you cannot think of anything, ask others what they really like about you, for instance good friends or nice colleagues.

Sometimes it is also helpful to consider why one would like to be liked by others and to express it accordingly. It is really important of course, to be as honest as possible.

A list might then look something like this:

I really like myself...

- *because I'm almost always in a good mood*
- *because I do get along with most people*
- *because I have such good health*
- *because I am good at my job*
- *because I like to laugh*
- *because I can make really great omelettes*
- *because I thought of a great gift for my daughter*

This list can grow continuously and be supplemented and ideally you read it repeatedly with a feeling of gratitude. Those are all the many reasons, why your own life is so enjoyable and your own nature most lovable! The advanced version is to write everything down that you truly think about yourself – often that is very negative – and then write the positive version down and direct your attention there. For if your perception of yourself changes, and self criticism is replaced by selflove, you can become a happier person!

For example:

I weigh too much – I love myself, no matter my weight.

I am so damned stubborn – I can be rather persistent and from now on I will allow more flexibility.

I am not good at saying no – I like myself, even if others may not like me occasionally.

What we think about ourselves is absolutely crucial for our health – physically and metaphysically –if we are the worst children-of-a-bitch under the sun and still have a healthy self esteem, we are still better off than if we were as holy as Mother Theresa and despaired over the sickness of the world and our own limitations.

A great measure for a healthy feeling of self esteem is the quality of our relationships. The one to yourself as well as that to others. If people whom you like, really like you that is always a good sign!

This exercise can be generously shared – may we all become more happy and loving!