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## Self-Esteem Improving

What early experiences did you have that might have contributed to the way you view, and feel about, yourself? Take a bit of time to jot down a brief description of those experiences.

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### Late Onset

Most of the time, the roots or beginnings of low self-esteem can be found in the experiences people have had in their childhood or adolescence. However, people with healthy self-esteem can also find their self-confidence being dented and chipped away at if they encounter negative experiences later in life. A person can come to develop low self-esteem if they have experiences such as being bullied or intimidated at work, being in an abusive relationship, experiencing prolonged financial hardship, continuous stressful life events, traumatic events, or life-altering illnesses or injuries.

Have you had any recent stressful life experiences that have negatively affected how you view yourself?

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### How the Past affects the Present: Negative Core Beliefs

We have explored and discussed how different sorts of experiences can influence and shape how we view, and feel about, ourselves. Often, these are experiences that have occurred earlier in our lives. So, if these experiences happened long ago, why is it that we still see ourselves in a negative light today? After all, haven't we had adult experiences that are quite different from the ones we had as children? Yet, we might still hear, in our minds, what our parents or other people had said to us years and years ago. We might hear ourselves saying things like "This is not good enough," "You could have done better," "You are so stupid."

Why we continue to experience low self-esteem today, even when our current circumstances are different from those of our past, is a result of our negative core beliefs. Negative core beliefs are the conclusions about ourselves we have arrived at when we were children or adolescents, likely as a result of the negative experiences we have had. For example, a child who was constantly punished and criticised may come to believe "I am worthless," or "I am bad." These thoughts are what we call *negative core beliefs*. To a child or young person, these beliefs seem to make sense during those experiences because they are probably unable to explore other explanations for what is happening to them. These negative core beliefs are thoughts that are usually deep seated, firmly held, and strongly ingrained in our minds. They are evaluations of ourselves and our worth or value as a person. These beliefs say, "This is the kind of person I am."

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