

10 steps to solid self esteem

by Mark Tyrrell

**Full self hypnosis
program with practical
exercises and 10 audio
downloads**



10 steps to solid self esteem

Where do you start?

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10 Steps to Solid Self Esteem

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Where do you start?



We do not deal in facts when we are contemplating ourselves.

Mark Twain

When Carla came for her last session with me, I asked her to look back on how things had been with her before we started working together, and to put into words how she felt now.

This is what she said:

*As a child I felt strange and different somehow from the people around me. I had the sense, not just that I wasn't 'good enough', but that I never **could** be good enough – for anything, or anyone. I'm not sure where this feeling came from, but it went on right into adulthood. I just felt inadequate. It infected my relationships, it affected my work life, it was like a dark cloud over everything.*

When I think about what it was like to live like that, it was like I had this horrible harsh hag voice rattling on in my head, always belittling me, always scorning me, wrecking any chance I might have had of feeling confident, or any shred of pride I might take in anything.

*If a relationship was going well this 'voice' would keep telling me it was bound to end badly soon because, well, once they **really** got to know me, they wouldn't want to spend one single moment with me... ever again. So*

when relationships did end, I wasn't surprised, it was only to be expected, wasn't it?

*When I look back, I can see that this insecurity, this deep sense of not being good enough as 'me', ruined all kinds of opportunities for me. I always felt other women were so much cleverer, prettier, more talented, so much **nicer** than me. I felt that I was somehow 'wrong' or 'bad' right at my very core. Worse, it seemed to me that other people could – or very soon would – be able to tell just what a crappy human being I was. Which meant I wasn't very comfortable around others.*

When I did well at something – which did happen sometimes in spite of all this! – I would assume it must be down to 'luck'. If people praised me, I was always sure that they were being 'charitable', or putting it on.

*All in all, I felt **unworthy** to even **be** in this world. It wasn't a great way to live.*

But now, now that I've done all this work, I've learned so much, and come to understand so much more about who I really am, and what genuine strengths and gifts I have – it's completely different!

*I know how to nurture and encourage myself and get my real needs met. I know how to stretch myself and become **more** capable. I know how to banish those overly critical thoughts. I know how to build genuine trusting relationships and deal with problems without falling apart. I know whose opinion to listen to, and who to disregard.*

*Now there is light at the end of the tunnel, a very bright light. I feel like I'm stepping out into a bright sunlit open landscape. I feel like I can at last value myself, and I don't mean just accept myself, but actually be **pleased** to be me!*

*I'm going to spend the rest of my time on this planet **living**, not just existing! I can't believe how far I've come, in such a short time!*

You're in a better position than you know

If you're reading this, you are probably one of the many thousands of people who have low self esteem – and wish they didn't.

So here's some good news. You're better off, right at this minute, than the thousands of people who have the opposite problem.

Surprised?

You're better off because people with the opposite problem – people who have *too much* self esteem – are usually quite blind to the significant problems this causes, for themselves and others, and therefore have no incentive to do anything about it.

You, on the other hand, are only too aware that your low opinion of yourself is having a negative effect on your life, holding you back and limiting you in many ways, and you're reading this because you are not happy about this and you want to – and are ready to – *do something* about it.

You may not be entirely sure *how* to go about changing things, or *how far* you can get with changing things, but here you are, taking the first step. You are on your way to self esteem that is neither *low* nor *high* but *healthy*.

As the old saying has it: “The longest journey begins with but a single step.”

So let's take a look at 'self esteem' and what it means.

Where does your sense of yourself come from?

Nobody grows up in a vacuum, isolated on an island. We arrive into a family/ community and the first sense we get of ourselves, of who we are and what we are like, comes from how that family/community sees us and treats us.

From a child's point of view, what is around them is 'the world'. This is reality, this is how it is. Children don't question how they are treated, even if they suffer terribly. Children have nothing to measure their own experience against, whether it is good or bad.

It is only later, as we gradually mature, as we encounter others who behave quite differently from the people we first knew, that we get some awareness of a 'bigger picture', an awareness that our personal experience is not all there is, or all there can be, or necessarily 'right'.

Speaking of things being 'right' reminds me of how to bake a fish.

Rosalie's mother liked teaching her little daughter all about cooking and preparing meals. She decided the time had come to show her how to bake a fish.

She took a large fish out of the refrigerator, laid it on a chopping board, cut off its head and its tail, laid it in her baking pan and covered it with freshly chopped herbs while Rosalie watched.

“Why did you cut the head and tail off?” asked Rosalie curiously.

Her mother thought for a while and then said, “I've always done it that way – that's how Grandma did it.”

“Why did Grandma do that?”

“I don’t know,” said her mother. “Let’s go ask her.”

So they went round to Grandma’s house to find out why she cut the head and tail off the fish before baking it.

Grandma thought for a while and then said, “I’ve always done it that way. That’s how my mother did it.”

“Why did Great Grandma do that?” asked Rosalie.

“I don’t know,” said Grandma. “You’ll have to ask her.”

So Rosalie and her mother went to visit Great Grandma to see if they could find out why you needed to cut the head and tail off a fish before you bake it.

Great Grandma was very pleased to see them, and laughed heartily when she heard the question.

“It’s very simple,” she said. “I had to cut off the head and the tail because my baking pan was too small to fit a whole fish in!”

Nonetheless, our early experiences are among the most powerful forces shaping us, precisely because they happened when we were at our most impressionable.

Contrary to popular belief, you don’t have to be raised by cruel parents to have negative experiences. Our parents might love us very much, they might have the best of intentions, but not have good social skills themselves, for instance. So they would be likely to avoid social situations, or handle them awkwardly, and this would be the example that we would get, leaving us poorly equipped to deal with such situations ourselves.

Or they might not understand the emotional needs of children very well, and criticize our childish efforts too harshly instead of encouraging them, in the belief that “this is how to do it”.

If you had a lot of such negative experiences and/or negative feedback from people around you when you were young, and you accepted, as you likely did, the negative messages those experiences gave you about yourself, it can be surprisingly difficult to shed this negative view of yourself later.

Even if, rationally and consciously, you know that those assessments of you were biased and unfair and wrong, it somehow continues to *feel* ‘right and true’.

The opposite can happen too. Children and young people who are given an *unrealistically* positive message about how wonderful they are and how much they are entitled to the deference and admiration of others will come away with an exaggeratedly high sense of their own worth.

This is no less damaging, in its own way, than having an exaggeratedly low sense of your own worth.

So what actually goes wrong?

How bias can screw you up

I think we can all agree that, in order to have a chance of making even half-decent choices in life, it is important to have reliable and factual information.

It isn't always possible to have *all* the information we need to make a decision, of course. In fact, we rather often have to make decisions based on insufficient information.

However, if, on top of not having *all* the information we ideally need, the information that we do have is *wrong*, either by mistake or through willful distortion, it's easy to see that the choices we then make based on that information are more likely to lead in the wrong direction.

So far, so easy to understand. We need the facts.

But think about this. The one constant factor in every decision you will ever make in your entire life about anything at all is YOU.

If the 'information' you have about *yourself* is wrong – that is, it is mistaken or distorted (deliberately or not) – *all* your decision-making will be affected. And not in a good way.

You will base your decisions on the belief you have that you are 'a certain kind of person' when in fact you might be a quite different kind of person.

Wouldn't you like to know who you really are?

When it comes to yourself, don't you have a *right* to know the true, fair, unbiased (in either direction) facts?

Getting hold of the facts about you

You'd think it would be easy to know the facts about yourself, wouldn't you? After all, you are you! Who knows you better than you do?

But it's not so simple.

I mentioned above how our first sense of ourselves comes from the people around us. They tell us 'what we are like' – and we believe it. This is a universal human experience.

But those people who are telling us 'what we are like' have been through the *same process* themselves. They *may* have a true and fair assessment of themselves – and of us – but it is equally possible that their assessment of themselves – and of us – is distorted or mistaken.

As history all too plainly shows, completely wrong information can get handed down as 'fact' for many generations.

Not only that, but because we, as infants and young people, are so very impressionable, the 'distorted facts' about ourselves tend to get very deeply absorbed into our ideas about ourselves. We absolutely and completely believe in their truth, and not just with our heads. It *feels* true, right down to our very bones.

And the consequence of this is that we think, speak and act in ways that *maintain* the view we have of ourselves.

So even when you are presented with convincing objective evidence to the contrary, evidence that you are anything but a no-good no-hoper, your bones just won't play along. You still keep doing and thinking the things that keep you trapped.

This puts you in a real pickle.

A certain young lioness was once in this very pickle.

*Once there was a lioness cub who became lost in the desert. So long did she wander through the desolate dryness that she even forgot she **was** a lion cub. Truth to tell, she didn't know what she truly was, although she still had some vague idea that there might be some proud majestic but perhaps mythical creatures out there known as 'lions'. But soon she had other worries.*

Wandering under the unrelenting merciless heat, our lioness cub became increasingly, then desperately, thirsty. But a small helping of luck mingled with a sprinkle of fate brought her to a large cave in the rocks where she could at last shade herself from the sun's blistering rays.

As it happened, deep within this cave lay a cool pool of life saving, thirst quenching, lip-smackingly delicious water. Our young lioness couldn't

believe her luck, and was about to dive headlong into the sparkling pool when she noticed something scary...

*Staring back up at her from the water was the most magnificent, dignified, strong, clever-looking, awesome... could it be? Yes, it was! She had come face to face with a mythical lioness! So they **were** real! Not just something she had dreamed up!*

Of course, she had no idea that it was nothing less than her own reflection that had brought her up short. Awestruck and fearful, she backed off hastily.

“How can I, lowly creature that I am, get past that proud beautiful creature, the great guardian surely of the very waters of life?”

She padded around the cave not knowing what to do, her throat becoming drier and her whole body dehydrating further by the second. And each time she peered into the pool, there she was again! That magnificent creature staring up at her!

*Finally, her truly desperate need gave her courage. No matter what the apparent risk, she **had** to drink.*

So she took a deep breath plunged into the pool.

And of course, there was no other lioness waiting for her. Or rather, the lioness of the pool was she herself. She drank her fill and was saved.

And that is how the young lioness came to know her true nature.

How do you bring what you ‘feel in your bones’ and what you ‘know in your head’ (because, unlike that young lioness, you understand about reflections) together, so that you can both *know* and *feel* the truth, and escape from the limitations imposed by biased and distorted information?

Well, that’s why we’ve put together the **10 steps to solid self esteem** course.

What this course will do for you

We’ve helped hundreds of people over the years to re-assess themselves and come to a fairer and more accurate understanding of who they are and who they can be. We understand that this transformation requires more than head knowledge. It requires an ‘emotional update’ that changes how you *feel*.

Each step on this course tackles a different aspect of identity and self image *in detail*, with lots of thought provoking information and tried and tested exercises to help you

- understand what shapes your view of yourself
- discover how to break out of the imprisoning bias of low self esteem
- realize your true potential.

But this course is not just a mine of interesting theoretical information. It's about helping you make really fundamental changes within yourself.

So each step includes a carefully selected audio hypnosis session designed to help you more easily absorb and integrate powerful new behavior patterns and helpful mental attitudes.

This is how the 'emotional update' you need happens.

This is how it will come to feel *completely natural* to you, in your very bones, to automatically feel, think and act as a person who knows and values their own true worth.

And far from having to strive obsessively to remember every little thing we'll talk about on this course, you can *relax* and *absorb the material over time*, making it as naturally and deeply yours as your mother tongue that you learned to speak so fluently without even realizing that this was what you were doing.

Ready to commit?

Making major changes and adjustments to your world view and self image requires a serious investment of your time and energy. To get the maximum benefit, you need to make a strong commitment to yourself:

- to read your material – over and over
- to listen to your downloads regularly
- to do the exercises
- to practice everything you learn
- to be patient with yourself and give yourself time
- to notice, monitor and celebrate your progress

and most important of all

- NEVER EVER TO GIVE UP!

And thinking of that young lioness in the story, and how her need drove her to take action, I'd like to thank you right now for taking the plunge by committing to follow and take what you need from this course...

[I've told a slightly different version of that story in this [Confidence and Self Esteem video](#), which you may enjoy as well!]

How to see how you're doing – the Progress Checker

We've put the material in this course together very carefully to make it as easy as possible for you to use, and to review as often as you need. Each step provides you with vital information, tips, exercises and information about related material.

The related material includes

- links to other associated downloads you might like to purchase (these are suggestions only – they are *not* required for the course)
- links to *free* informative articles to enhance your progress and understanding.

Each step includes a Progress Checker sheet containing two identical charts. We recommend that you print out several copies of the Progress Checker for each step you undertake and keep them sorted in a folder. (For your convenience, we have also put all the Progress Checker sheets together at the end of this document, to make them easy to find and print out.)

The Progress Checker makes a number of statements on the topic covered in that step, and asks you to indicate how true these statements are when applied to you. Nobody is going to see this information but you. Be honest and *fair* with yourself.

We recommend that you fill in the first chart on the day you start that step, *before* you read the material or listen to the download. This will give you a base line against which to monitor your progress.

It's only natural that, when you start, most answers will tend to fall to the left hand side of the chart.

At the end of the 7-day assignment period, complete the second chart.

Each week after that, continue filling in a Progress Checker for that step, even when you have moved on to a subsequent step.

And so on.

Why it's important to monitor progress

Keeping tabs on yourself like this makes you *more aware* of even small improvements and helps you to stay committed.

Even *one* move to the right on the chart is progress, and you should be ready to appreciate and congratulate yourself on the smallest positive change that you notice. Always remember that you have a long term goal here, and it's little steps that will get you there. From time to time you may see a big jump, but gradual, steady, sustainable progress is what you are really after.

When do you stop filling in your Progress Checkers? You'll know...

It's time to start.

Good luck.

Mark

10 steps to solid self esteem

Mark Tyrrell



Building self esteem

Step 1

Building self esteem

Hello, and welcome to the first step of your **10 steps to solid self esteem** from Hypnosis Downloads.com!

I'm Mark Tyrrell, and we'll be working together over the coming weeks to help you feel better about yourself so that life can start to feel more meaningful and satisfying and *you* can feel happier generally.

ACTION POINT! Remember to fill in your [Progress Checker](#) before you start!



Too many people overvalue what they are not and undervalue what they are.

Malcolm Stevenson Forbes

Low self esteem stops you feeling as good as other people. It prevents you enjoying yourself or 'putting your best foot forward' and really going for success and fulfillment in your life.

When your self esteem rises to a healthy level it'll be because you gain a greater capacity to recognize what's good about yourself; you'll start to be fairer on yourself.

But raising self esteem isn't just about *thinking* differently.

It's also to do with *feeling* differently. Low self esteem – an unfair, biased and intolerant attitude to yourself – is more to do with feeling than thinking. Or should I say, it is more *driven* by the way we feel, which in turn directs how we think about ourselves.

This is one reason why we use hypnosis to help people 'get on their own side'.

Many of the steps on this course will help you think differently and in much more healthy ways. The hypnosis downloads you have as part of the course will also help you *feel* differently, so that, in turn, thinking differently feels natural and easy.

But as with anything, one step at a time!

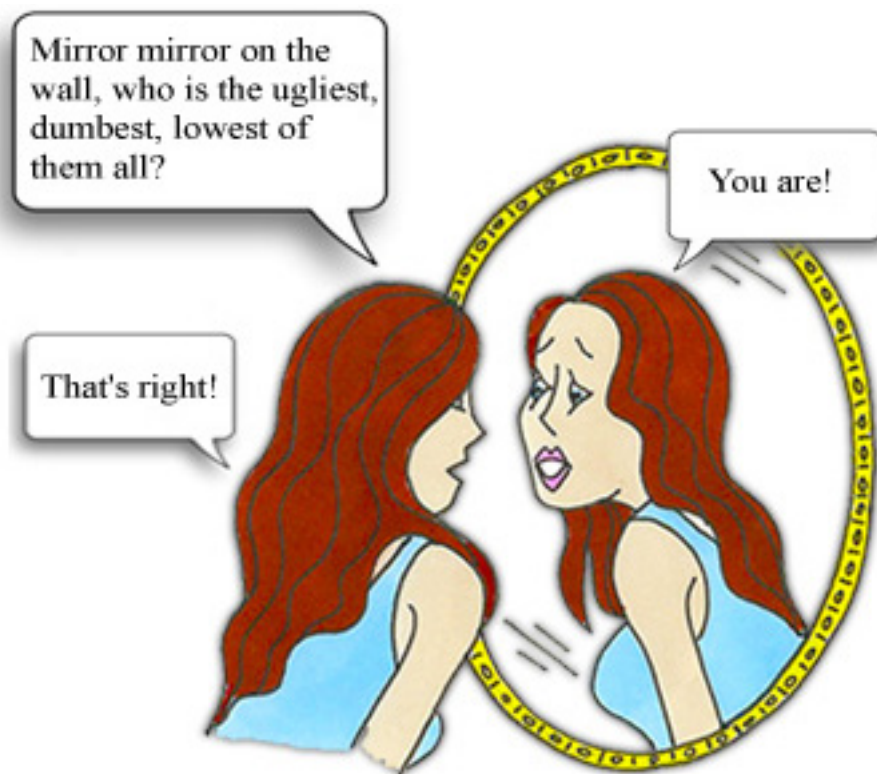
Think about this: Low self esteem is always a *misperception*. If you really are as useless or terrible as you think you are, if this really *is* the truth, then you don't have 'low self esteem'. You are just being very accurate about yourself.

Over these steps I want you to become in some ways *less* sure of yourself, so that, in other ways, you can become *more* sure of yourself.

Now what on earth is that all about?

The importance of becoming less sure of yourself

People with low self esteem tend to be too sure of themselves.



Low self esteem makes us too sure of ourselves - but in a negative way

This might sound odd, but low self esteem pushes you to be

- *very unsure* about many things (such as whether people who say they like you really like you)

while at the same time pushing you to be

- *much too sure* about your self perception (too sure you are 'faulty goods', too sure others can't like or love you, too sure you are dumb or 'worthless').

This 'negative sureness' needs to loosen up as you progress through these steps.

People with low self esteem see themselves as being worse than they really are. It's as if they are wearing distorting spectacles. They need to take those damaging glasses off and clear their vision, so they can

- start to see the distinctions between 'good' and 'bad' within themselves
- be more tolerant of the 'not so good', and
- inwardly encourage and nurture what is good.

When we talk of the need to 'nurture yourself' this is, in part, what we mean.

Low self esteem: the inner tyrant

Another way to look at low self esteem is like a little 'inner tyrant' that trips you up, demoralizes you and bullies you.

Ultimately, we need to let it know who's boss!

In a way, it comes down to tolerance. People with low self esteem can be incredibly tolerant – sometimes *too* tolerant – of other people, while at the same time they are tyrannically *intolerant* of their own actions and personalities.

This is a cruel kind of bias and needs to be overcome.

Now since we are progressing through a course all about developing healthy self esteem, we need to be clear what we are talking about. We're going to start by looking more closely at the starting point – the common features of *low* self esteem.

Take a look at the following story. Ring any bells with you?

Wendy's story

Wendy had low self esteem. I didn't just assume this because someone else had already diagnosed it, or even because she told me so herself (she didn't). It was obvious from the way she spoke about herself. I've put examples of the things she said on the left of the table below, and indicated which common feature of low self esteem her statements revealed on the right.

What Wendy said	LSE characteristic
<i>I feel useless a lot of the time!</i>	Making sweeping and damning statements about yourself.
<i>People tell me I'm good at my job, but I don't believe them.</i>	Unable to accept even sincere compliments.
<i>I felt so insecure, in my last relationship I just couldn't understand why my boyfriend would want to be with me. In fact, it sounds terrible, but I was kind of contemptuous of him because he was so nice to such a useless person as me.</i>	Feeling more comfortable being treated badly than decently. Insecure in relationships.
<i>I don't go out much, friends sometimes ask me if I want to, but I usually make an excuse.</i>	Avoidance of social situations.
<i>My parents call me an underachiever as I have a degree but I've never 'done anything with it'.</i>	Avoidance of following up opportunities, plus preoccupation with what others say.
<i>You must think I'm an awful person.</i>	Over concern with what others think and premature assumption that other people will <i>automatically</i> judge you badly.
<i>I haven't been looking after myself so well recently – I haven't had a haircut in months – the truth is I don't like spending money on myself.</i>	Feeling like you're 'not worth it'.
<i>Friends try to bolster me up and tell me I'm attractive, but I feel I'm ugly – I hate seeing myself in the mirror!</i>	Feeling less attractive than other people seem to find you, plus distrusting compliments as having an ulterior motive (to 'bolster me up').
<i>A lot of the time I feel so depressed and low and I'm always asking myself 'What's the point?'</i>	Low self esteem often coincides with anxiety and stress related conditions – it both helps cause (and can in turn be caused by) depression, generalized anxiety disorder (GAD) and social anxiety and shyness.

So you can see there are a few key 'symptoms' of low self esteem here:

- **feeling less attractive** than others find her
- **all or nothing thinking** indicated by sweeping extreme statements
- automatically **imagining others judge her negatively** – misuse of the imagination is a key aspect of low self esteem
- **reluctance** to spend money or time on **herself**
- **difficulty feeling like an equal** in relationships
- tendency to be **more attracted to people who treat her badly** than who treat her well (you can feel more 'in rapport' with someone who treats you badly if you treat yourself badly too!)
- **not feeling 'good enough'** to pursue genuine opportunity
- **distrusting all compliments** while **accepting all criticism**, however exaggerated
- feeling **low in mood** a lot of the time – it's certainly no fun feeling rock bottom self confidence and feeling you are fundamentally 'wrong' as a person.

Wendy also showed little trust in her own opinion, except where that opinion was self damning, in which case she trusted it 100% (at first).

Other common symptoms of low self esteem include eating disorders and other forms of self harm. (1)

So why did Wendy feel like this? Why did a perfectly intelligent, attractive and in some ways gifted woman really believe she was the pits?

The cult of everyday life

Cults brainwash people into thinking a certain way and so, in a less obvious way, does your 'everyday life'.

I'm not one to 'blame' everything on the parents, or obsess over everything that went wrong in the dim and distant past, because the present and the future are the key to finding fulfillment. But it is useful to understand where our conditioning comes from, especially if it's the kind of learning that holds us back and prevents us finding fulfillment.

So how did Wendy learn to see herself through such a negative lens?

Research way back in 2001 found that people with low self esteem are more likely to have been sexually, physically and/or verbally abused and bullied (over an extended period) than those with healthy self esteem. (2)

Wendy had been constantly criticized by her father while her mother, it seemed, would stand by and just let this happen. Occasionally, her father and her mother would beat her, even in her late teens. Her domineering father was quick to chide but slow to praise, which ‘brainwashed’ Wendy over the years to see herself through the eyes of her father and other bullies – to feel that in some way they were ‘right’ about her. After all, there must be something ‘wrong’ with her for them to treat her so badly, surely?

Being surrounded in your formative years by people who are highly critical of you, or who inflict their own perfectionism on you and make you feel that anything less than *perfect* is a *complete failure*, is a classic recipe for the development of low self esteem.

Wendy was bullied at school and couldn’t recall her parents ever saying anything encouraging or approving to her. She told me she felt like she had a ‘target’ mark tattooed on her forehead, and that bullies seemed to target her *“like they know I’m a victim or something!”*

Wendy’s parents also set unrelentingly high standards for Wendy, making her feel that she was always falling short of how she was ‘supposed’ to be.

A word on perfectionism

Low self esteem may arise from unrealistic and overly narrow expectations of oneself fostered by parents or others (we’ll be addressing the tyranny of perfectionism directly later on in Step 8).

I had a friend back in school who got 96% in a French test (easily the highest score in the class!) but who was really worried about telling his mother, because she would want to know why he had dropped the 4%. Narrow, unrealistic and unfair expectations place such a burden on people that they can fail to enjoy their successes and lose perspective and humor in their lives.

How we bully ourselves

So low self esteem can be understood as a form of ‘self bullying’ which is often learned from having had the experience of being bullied from ‘the outside’.

Bullying (in all its different forms) is a *message*. And the ‘message’ is:

- *“You are nothing more than a physical object to be abused/used”*
(some people with low self esteem even describe themselves as objects, as in: *“I’m dysfunctional, faulty goods, damaged...”*)
- *“You are ‘bad’ and need to be punished – or ignored.”*

When we are regularly bullied we can start to 'believe' the bullying message.

This happens because feeling highly emotional (which we tend to do when we are bullied) narrows and locks our focus of attention. It puts us in a kind of 'negative trance state'. This means that during these times we become highly *suggestible* and therefore more likely to learn (or rather 'mis-learn') and absorb what the bullying is saying to us – such as that we are not worth much.

Think about this: The take home message here is that low self esteem is a *distorting* lens that leads you to make **inaccurate and biased self assessments** and believe them.

If you feel you have low self esteem then I want you to understand that **you are wrong about yourself** – at least to a much greater degree than you might currently realize!

However, you may know you are wrong about yourself with your 'thinking brain' but not with your 'emotional brain'. When you both *think* and *feel* better about yourself then we will have arrived somewhere worth going.

Getting started

Things are probably not going to change overnight, but what if they did?

What if, while you are sleeping tonight, your fairy godmother (she'll be back in Step 4) comes by and waves her magic wand over you, and your low self esteem vanishes in a puff of smoke? What then?

You probably don't believe in fairies, so you won't know that she's done this. But when you open your eyes in the morning...

Exercise • Imagine this...

[You might like to listen to your download or to some relaxing music to help you get into a relaxed and creative state before you do this exercise.]

Close your eyes and imagine what it would be like to wake up and find that your low self esteem has **magically vanished** overnight. What happens? How do you feel?

Get your notebook or a sheet of paper and start writing about **what you notice** and **what you do**.

Your story starts like this:

*When I wake up in the morning, the very **first thing I notice** that let's me know something has changed is.....*

I wonder what on earth can have happened!

*Then I **become aware that**.....*

*When I get up and go to the bathroom and look in the mirror, I **see**..... and I **feel**.....*

Continue describing how that day goes, paying attention to **all the things that are different** because you no longer suffer from low self esteem at all. Have fun imagining it!

What is the **most significant change** that you notice?

What is the point of this exercise? It helps you to start moving your focus of attention *away* from everything that you think is wrong and turning it *towards* what things are going to be like when you're better.

That is, doing this exercise helps you start priming your brain with a blueprint of *how you want to be*.

ASSIGNMENT 1

Building self esteem

Download [Self esteem booster](#) and **listen** to your download

- **every** day
- **at least** once a day
- for **7** days
- or until you **notice at least half** of the progress indicators shown below

Progress indicators

- you **begin to feel noticeably less sure** about some of the negative ideas you've held about yourself, less certain they are accurate
- you **feel calmer** when you think about who you are
- you feel more **optimistic** about what you can do in the future
- you start to feel **more relaxed and confident** in daily life
- you find yourself actively **looking forward** to making even more changes

Supplementary material

Related downloads available to purchase

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[How to boost self esteem](#)

[Low self esteem](#)

Remember, you don't have to notice all these shifts at once, but you can expect to experience them more and more as you progress through the 10 steps to solid self esteem course.

Right, we've taken the first step, but it's important to really relax with this material, and familiarize yourself with it to the point that you actually become 'expert' in it, and it becomes part of you.

Next time we'll be addressing something vitally important to the experience of self esteem – how we feel in relation to others and, in particular, how *attractive* we feel, physically and as a person generally.

Until our next step!

Mark

Notes

- (1) For example see: Attie, I., & Brooks-Gunn, J. (1989). [Development of eating problems in adolescent girls: A longitudinal study](#). *Development Psychology*, 25, 70–77 and Nicolas Emler: '[The Emler report 2001, The causes and consequences of low self worth.](#)'
- (2) See Nicolas Emler: '[The Emler Report 2001, The causes and consequences of low self worth.](#)'

Building self esteem – Progress Checker

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am beginning to question whether my negative picture of myself is really accurate					
I don't get so anxious or upset when I think about who I am and what I am like					
I am feeling more optimistic about what I can do in the future					
I feel more confident and relaxed generally					
I am really looking forward to making positive changes for myself					

Date: _____

How true are these statements of you?	Slightly	Partly	Fairly	Mostly	Totally
I am beginning to question whether my negative picture of myself is really accurate					
I don't get so anxious or upset when I think about who I am and what I am like					
I am feeling more optimistic about what I can do in the future					
I feel more confident and relaxed generally					
I am really looking forward to making positive changes for myself					



I hope you found Step 1 of the 10 Steps to Solid Self Esteem course useful

If you would like to try the whole course, you can [read about it here.](#)

All my very best,

Mark Tyrrell
Co-founder of Uncommon Knowledge
Author of [10 Steps to Solid Self Esteem](#)