

HOW TO BOOST YOUR **SELF ESTEEM**

SELECTED TIPS - 52 PAGES!

How To Boost Your Self-esteem



52 Pages!

Brought to you by Wings of Success

Contents

Offspring's "Self-Esteem"	8
The Band Offspring's Song On Self Esteem	11
Self-Esteem Seminars	13
How Self Esteem Workshops And Seminars Can Help You.....	16
Building Self-Confidence And Self-Esteem Is My Key To Success!	18
Developing Self Esteem During Childhood.....	20
Some Tips For Building A Child's Self Esteem	22
Building The Confidence And Self Esteem Of Your Teenager.....	24
Learn About Building High Self-Esteem	26
Building Confidence And Self Esteem.....	28
Activities In Building Self-Esteem In Children	30
Building Self-Esteem In The Eyes Of A Kid.....	32
Building Self Esteem In Children	34
Building Self Esteem Among Teens	36
Help Build Your Partners Self Esteem	38
Developing Self Esteem	40
Self Esteem Determines Who We Are.....	42
Your Self Esteem In Clothing.....	44
Building Self Esteem	46
Developing Self Esteem In Our Children	48

Offspring's "Self-Esteem"

The album "Smash" is considered to be The Offspring's break-out record. It was what really catapulted the band to fame. The said album was released in 1994 by Epitaph Records and has sold eight million copies which also made it the highest-selling record ever produced by an independent label.

Incidentally Epitaph Records is also owned by Bad Religion guitarist Brett Gurewitz. He initially had his misgivings about the band but when he heard their single "Baghdad" produced in 1991, he changed his mind and signed them up. The following year, they released the album "Ignition" and its success has put them on tour together with No Doubt, Pennywise and Voodoo Glow Skulls.

By 1993, they returned to the studio to record "Smash" and released it the following year with little knowledge that this was going to create a niche for them. The album was catapulted to fame by the singles "Self-Esteem", "Gotta Get Away" and "Come Out And Play".

The band is composed of Bryan "Dexter" Holland on vocals, Greg Kriesel or Greg K on bass guitar, Kevin Wasserman , also called "Noodle" on lead guitar and Atom Willard on drums. Prior to joining the band, Kevin Wasserman was the school janitor recruited by Dexter Holland and Greg Krieser reportedly because he was old enough to procure alcohol for them.

The Offspring's "Self Esteem" is the second single released from Smash and speaks of being trapped in an emotionally abusive relationship and having full knowledge that one is not getting what one deserves, but is too weak to get out of it because of a very low self-esteem.

The lyrics of the song are as follows:

SELF-ESTEEM

(The Offspring)

I wrote her off for the tenth time today
And practice all the things I would say
But she came over

How To Boost Your Self Esteem

I lost my nerve
I took her back and made her dessert

Now I know I'm being used
That's okay man cause I like the abuse
I know she's playing with me
That's okay cause I got no self esteem

We make plans to go out at night
I wait till 2 then I turn out the light
All this rejection's got me so low
If she keeps it up I just might tell her no

Chorus

When she's saying that she wants only me
Then I wonder why she sleeps with my friends
When she's saying that I'm like a disease
Then I wonder how much more I can spend
Well I guess I should speak up for myself
But I really think it's better this way
The more you suffer
The more it shows you really care
Right? yeah yeah yeah

Now I'll relate this little bit
That happens more than I'd like to admit
Late at night she knocks on my door
Drunk again and looking to score

Now I know I should say no
But that's kind of hard when she's ready to go
I may be dumb
But I'm not a dweeb
I'm just a sucker with no self esteem

How To Boost Your Self Esteem

Chorus

When she's saying that she wants only me

Then I wonder why she sleeps with my friends

When she's saying that I'm like a disease

Then I wonder how much more I can spend

Well I guess I should speak up for myself

But I really think it's better this way

The more you suffer

The more it shows you really care

Right? yeah yeah yeah

The Band Offspring's Song On Self Esteem

Any fan of rock music would be familiar with the band Offspring. The band's album titled SMASH was what gave them the first taste of true success, and it sold over eight million copies around the world. Self Esteem was one of the tracks on this album, and as the name suggests, it speaks of the importance of self esteem. To be precise, it speaks of the destruction that low self esteem can cause in your life. Here is a little more about the song:

This song speaks about a man who is trapped in a relationship that is destructive to his own self. The relationship is with a woman who he loves. It speaks of a woman that the man has written off and wants to leave, but being an emotionally weaker person, he just cannot do it when he is face to face with this woman. Rather, he spoils her when he sees her, thinking that he may have been wrong about her all along. The man then goes on to say that later he is confident that she is using him and he still doesn't do a thing about it. He has begun to enjoy the feeling of low self esteem. Although this man knows that the woman is just playing around with his emotions he does not do a thing about it, because he himself has written himself off as a person with low self esteem.

The singer then speaks of the man making plans to take his lady friend out in the evening. She totally disregards his plans and does not care to even tell him that she doesn't want to go out. After waiting till the middle of the night, the man feels rejected and abused once again, and feels that he may yet leave her if she keeps treating him this way. So we see a repetition of feelings of rejection and abuse, and still no effort on the man's part to help him self get out of this destructive relationship.

We then are told that the woman lies to this man that she loves him, while she sleeps with his friends every now and then. One can only imagine the destruction this piece of information can cause to the poor man's psyche. The man fools himself into believing that the more he suffers the more his love for the woman is proved, and so he remains stuck in this vicious cycle of abuse and forgiveness.

Yes this is only a song, but you would be surprised to see the number of people who are stuck in such a cycle of events, and the popularity of the song is proof of the existence of this large

How To Boost Your Self Esteem

number of people. This song well explains the state of mind of a weak person who is in an abusive relationship with an emotionally stronger person. The truth is that no one can hurt you unless you let them. Forgiveness is not wrong. But forgive for the right reason, not because you are too weak to leave the other person – that is just insecurity and not the right motive for forgiveness. Make sure your self esteem remains in tact, and you will never see such a situation in your life.

Self-Esteem Seminars

Self-esteem is the way in which a person views his or herself. A person with a healthy self-esteem has a positive outlook and believes in himself. A person who is lacking demonstrates anger and negativity. In fact, many people have written about the symptoms of lack of self-esteem. Two of these people are Gillian Butler and Tony Hope, authors of *Managing Your Mind*, who listed the signs of low self-esteem as follows:

- feelings of being unloved
- overly dependent, inability to make decisions
- extreme jealousy
- excessive worry
- fear of trying new activities (risk-taking)
- perfectionism
- inability to describe or even understand feelings
- frustration
- excessive anger
- need to over achieve
- poor school performance
- highly critical of self and others
- continuously in poor health
- poor posture, slumping
- inability to look people in the eye
- drug, alcohol abuse, sexual promiscuity
- eating disorders
- self-mutilation

While it is important to develop self-esteem in childhood since a person is very impressionable from the ages one to five, self-esteem can be developed at any time or age. One just has to be patient and persevering. There are many ways to develop self-esteem. There are various reading materials on this subject, one of the most famous is *Chicken Soup for the Soul* by Jack Canfield. Incidentally, he also conducts self-esteem seminars.

How To Boost Your Self Esteem

Self-esteem seminars could take anywhere from one to three days and these are wonderful tools to help develop self-esteem. One can also opt to seek therapy. The key to developing self-esteem is first to recognize what you lack. Pinpoint areas that made you that way and let go. Only with letting go can the process of healing and moving on can truly begin.

Most societal problems today are borne out of a lack in self-esteem. While the most successful people first believed in themselves. Developing self-esteem can be a daunting task but with the right tools and determination, any one of any age can become better individuals.

It would probably surprise a lot of people how a healthy self-esteem could turn their lives around and provide for them success in whatever they choose to do.

Self-Assessment tests are available on the net, but for a thorough evaluation it would be best to seek professional help. Tests on the net usually just give glimpses or ideas of one's personality strengths and weaknesses. On the other hand, it also lists some self-esteem seminars that one can opt to attend. Some popular seminars include:

Jack Canfield (author Chicken Soup for the Soul)

Self-Esteem Optimization Seminar www.optimalthinking.com/Selfesteem

National Association for Self-esteem (NASE)

Self-Help Energy Workshop (Dr. Doris Jeanette)

While other reading materials include:

"Measures of Self-Esteem." Blascovich, Jim and Joseph Tomaka

"Measures of Personality and Social Psychological Attitudes" J.P. Robinson, P.R. Shaver, and L.S. Wrightsman

"Two Dimensions of Self-Esteem: Reciprocal Effects of Positive Self-Worth and Self-Deprecation on Adolescent Problems." Owens, Timothy J.

"Accentuate the Positive - and the Negative: Rethinking the Use of Self-Esteem, Self-

"Deprecation, and Self-Confidence." Owens, Timothy J.

"Extending Self-Esteem Theory and Research" Owens, Timothy J.

"Society and the Adolescent Self-Image" Rosenberg, Morris

"Conceiving the Self" Rosenberg, Morris

How To Boost Your Self Esteem

"Self-esteem: Clinical assessment and measurement validation." Silber, E. and Tippett, Jean
"Self-Esteem: Its Conceptualization and Measurement" Wells, L. Edward and Gerald Marwell
"The Self-Concept" Wylie, Ruth C.

Indeed, it is truly important to develop self-esteem and in this day and age, this can easily be done. If you have the financial means, then you might want to consider taking seminars, however, you can also learn through books and there are various publications. The possibility is just endless and besides, it is never too late to be a better person.

How Self Esteem Workshops And Seminars Can Help You

Self esteem basically deals with how a person thinks about his or her own self. It is the mental self image that we have of our selves, and can play a huge part in your success or failure as may be the case. A person with good self esteem thinks positively about them self, while the person with a low self opinion is flooded with negative emotions. Gillian Butler and Tony Hope, through their book titled Managing Your Mind, tell us a lot about the characteristics of low self esteem. In fact they give us a list of synonyms that describe low self esteem.

- *The feeling that no one loves you
- *Too much dependence on others and an inability to make decisions independently
- *Feelings of jealousy
- *Too much worry
- *Too much fear of trying new things in life
- *Trying to be perfect all the time
- *Difficulty in recognizing feelings in the self and in others
- *Feelings of frustration
- *Too much Anger
- *A need to be better than others
- *Poor performances at work or school
- *Too critical of your self and of others
- *Too much bad health
- *A poor stance and posture
- *Refraining from looking at people eye to eye
- *Drug and Alcohol abuse
- *Bad eating habits
- *Feelings to hurt yourself

It is true that the best time to get a high self esteem is when you are a child, but that does not mean you cannot help it once you are an adult. When you are a child you cannot control your surroundings but when you are an adult you can do so, you are in control of your life. Attending a self esteem seminar is one of the best options for adults looking to improve their self esteem. These seminars normally last from one to three days and can do a lot for your self image.

How To Boost Your Self Esteem

When you look at the most successful people in life you will understand how much a healthy self esteem can do for you. The reverse is true as well – most of the problems faced by society today can be traced back to low self images that people carry of them selves, which can turn them to be destructive towards themselves and to others in the society as well. If you find your own self in such a frame of mind, maybe you should consider attending a good self help seminar. If you feel you do not have the time or the money to attend such seminars, that shouldn't stop your efforts to improve the self image. You could always opt for self help books and articles and e-books on the net. After all, it is you who will benefit from this process, so don't give up easily. Don't give up till you have a healthy self image and thereby a successful life.

Building Self-Confidence And Self-Esteem Is My Key To Success!

In case, you are extremely discontented by what the common public would term as "a miserable private life", then you should be aware that you have to ring in some changes in your personal life. Certainly, "a miserable private life" can denote many things. But usually, it indicates that the individual suffers from an absence of self-confidence plus his self-esteem has touched rock bottom. Therefore, if you wish to introduce changes in your personal life and reverse your present condition into being a thriving and contented person as you expect to be, you require to pick up and concentrate on the below given suggestions.

Seven Easy Ways To Develop Self Esteem & Self Confidence

1. Improve your interpersonal skills

In case you are short on self-confidence and possess little self-esteem, you without doubt have little or no social life. Now, this is due to the fact that you lack sufficient guts to interact with other people.

In such a case, it is very important that you improve your interpersonal skills. But, how is this achieved? Begin by becoming a member of a group and start to be more friendly and approachable and believe in the people you meet. You can begin with a dear friend, whom you can rely on and act on your social scene from this point. Alternatively, you can attend programs, workshops, and seminars, which would enable you to develop your self-confidence as well as boost your self-esteem. Diffidence and apprehension are your most awful adversaries if you wish to be amicable with other persons; hence you must fight them tooth and nail.

2. Hone your communication abilities

Dearth of self-confidence as well as little self-esteem may be due to lack of or extremely poor communication abilities. Now, what is required of you is that to understand how to carry on a conversation. You need to meet and associate with a number of people. However, opt for people you can count on. If you feel that nobody can be relied upon, begin with members of your family or expert therapists.

3. Learn to have an optimistic attitude in your life and yourself

Adopt a frame of mind that makes you really feel good with every passing day. This ensures that you have a cheerful and positive outlook about life in general and yourself in particular. How can this be done? Begin your day in good spirits and a happy smile. While it may sound clichéd, beginning your morning on a happy note tends to make the remainder of the day enjoyable and fun.

4. Never aspire for perfection

In case you seek perfection, you will just end up being discouraged and upset with yourself. Nobody is perfect and that applies to you, too. Therefore, when you plan your objectives strive for the very best but also acknowledge the probability of lapses.

5. Dump self-consciousness

Self-consciousness is the very reverse of self-confidence. Therefore, if you wish to develop self-confidence, you need to dump your self-consciousness. In order to achieve this, you should not think about the fear of embarrassment and censure. Rather, distract yourself by thinking of the wonderful things that life brings. Speak to yourself and learn to be poised and assured in whatever you do.

6. Never focus on your setbacks

This means that you require to be upbeat and hopeful. Do not worsen things by brooding over all the depressing things that you have gone through. Concentrate on your accomplishments instead.

7. Look after yourself

Eat healthy, obtain adequate sleep, and work out. Adhering to these three things would ensure you feel good, both within and without. This is a sure-fire way to develop your self-confidence as also enhance your self-esteem.

Once you have followed these steps, you will certainly notice the change in yourself. Before long, you can pronounce that, "developing self-esteem and self-confidence is the secret to success!"

Developing Self Esteem During Childhood

The building of self-esteem starts in childhood. This means that as parents you have a responsibility to help your son or daughter to have a healthy self-image of him or herself. A healthy self-image is the cornerstone of good self-esteem.

How important is self-esteem in a child's development? Developing self-esteem during childhood is very crucial. This is because it could affect the child in every stages of his or her development. How he looks at him or herself will definitely affect his or her future relationships, career development, confidence, prosperity and even happiness. Studies have shown that one of the traits happy people share is having a positive self-image of themselves.

How does a parent that his or her child has a healthy self-image? There are several ways to do this. Below are just some of the things you can do to develop your child's self-esteem.

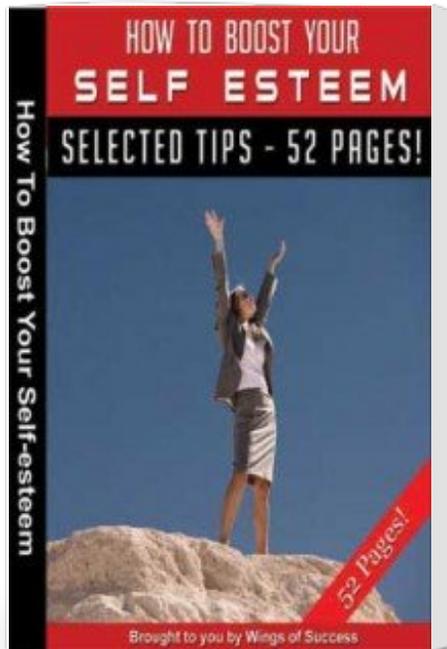
Never compare your child with other children

The single most devastating thing a parent can do to ruin his or her child's self-esteem is to compare him or her with other children. Unfortunately, comparisons are very much a part of our culture particularly our schooling system. One of the ways a child gets compared to other children is through peer pressure.

Every child knows that there is tremendous pressure from other children, particularly from the ones in school to conform to the ways of a certain group. That is why in school you can see several cliques and these groups can be identified with different labels. There are the jocks, the jerks, the nerd or geek, the addict, the slut, etc. These groups are inherently not bad but oftentimes group's identity precedes the individual's identity which could lead into a loss in identity and eventually low self-esteem.

To most adults these are just groups and labels but for a young innocent child the cliques are their world. Your child intentionally or not gets labeled and his or her tendency to is group with the ones with similar ideas and interests.

How To Boost Your Self Esteem



Publisher :

Author :

Type the URL : <http://www.kopykitab.com/product/1920>



Get this eBook