

Title:

Self Esteem: You Are Not Who You Think You Are

Word Count:

684

Summary:

David sat in front of me at one of my five-day intensive workshops. A successful businessman w

^I'm insufficient,~ he said. ^I'm inadequate.~

I looked at this kind man and felt deep sadness for him. He did not know who he was.

^Why do you believe that?~ I asked.

^I didn't do well in school, and I've made lots of mistakes in my life.~

^So you are basing your worth on your performance,...

Keywords:

self-worth, self-esteem, personal development, self improvement, self help, personal growth

Article Body:

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I looked at this kind man and felt deep sadness for him. He did not know who he was.

^Why do you believe that?~ I asked.

^I didn't do well in school, and I've made lots of mistakes in my life.~

^So you are basing your worth on your performance, right?~

^Of course.~

David could not conceive of any other way of defining his worth other than through his perform

I asked David to look inside ~ at the essence of himself - and tell me what he sees. All he sa

^David, please close your eyes. Now imagine a wonderful being who loves you very much. Who com

^My grandfather. He died when I was young, but he really loved me.~

^Good. Now imagine that you are seeing yourself through the eyes of your grandfather. What doe

^He sees a bright and creative little boy, who is very kind and caring. A loving little boy. A

^Is there anything wrong with this little boy? Anything inadequate or insufficient?~

^Oh no! He is a wonderful little boy.~

^David, this is who you really are. You are not your performance. Your performance will come a

David realized that, because of his highly critical and rejecting parents, he had always been

^David, if you chose to see yourself as your grandfather saw you rather than how your parents

^I've just been thinking about that. I just realized that I treat my dog better than I treat m

^So what would you do differently if you saw yourself the way your grandfather sees you?~

^I would stop judging myself as insufficient and inadequate. I'm a really good person. I am no

^What else would you do if you really valued who you are?~

^I would listen to my own feelings and take care of my own needs instead of taking care of eve

David was glowing. He was discovering who he really is, not who he thought he was.

People often think that their worth ~ who they really are ~ is based on looks and performance.

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