

Self Esteem Builders

By DR. GOLDSTEIN

Self esteem is a perception about how we see ourselves, how we view others viewing us, and a group of ideas about how we should be in life. Our self-esteem is a collection of thoughts that is a combination of how we grew up with our parents, family members, school, friends, relatives, and experiences.

No matter what happened to you or what your experiences have been, you are responsible for how you want to be in this world. There is no fairness in life, as you would all attest to, so it is now time to take some steps to build your own self-esteem. In order to construct a strong building, you must have a strong foundation. The stronger the base the higher the pyramid can go.

Here are 10 things that you can do to help construct a healthy positive self. Remember, in order to continue to build you must practice, and teach your children by example, not just words.

- 1. LAY THE FOUNDATION** - Decide today how you want to be and say something positive.
- 2. TAKE CHARGE** of your construction site -Say or do one assertive thing today.
- 3. REMOVE A BARRIER** – Do or say something to someone that you have been wanting to do or say for a while, but you have put it off.
- 4. MAKE A PLAN** with your family or friends; don't wait for someone else to make the plans.
- 5. ADD FLEXIBILITY** to your structure. – Buildings

survive earthquakes because they bend. Rigid buildings break.

6. HAVE AN OPEN floor plan. If you are positive to new ideas, then it will give you a fresh outlook.

7. HAVE GOOD INTERNAL and external feng shui – Smile- Go with the flow of the day. Plans will always change.

8. AS THE BUILDER – Tell people what you want. It is not selfish to be kind to yourself.

9. ACCEPT YOUR IMPERFECTIONS

Everyone likes different appliances and structures for different reasons. One is not necessarily better than another. Appreciate your differences.

10. KEEP BUILDING your self-esteem – Every day brings something new and different. Only you can make it happen. Try and keep it positive. Everyday.

**“TRY AND KEEP
IT POSITIVE...
EVERYDAY.”**

Dr. Elliot Goldstein is a licensed Clinical



Psychologist. His career has spanned over 30 years and has included administering nationally known hospital and drug treatment programs. He received several awards

for program development as well as recognition for facilitating top clinical programs. Dr. Goldstein also developed one of the largest Crisis Intervention Teams in Los Angeles County serving many hospitals, including UCLA NPI. In addition to several clinics, he is the founder and CEO of Allcare Behavioral Services www.allcare.net