

## ***Building Self Belief – Reframing Limiting Beliefs***

Self-Belief or Self Esteem is a feature of your unique personal wellbeing and can be damaged during stress induced living. Symptoms can be different for the individual person; however, common factors include things like negative self-talk, withdrawal from people and society, being anxious or worrying about things that would not normally cause concern, etc.

To help regain Self Belief there are three areas that can be developed through self-talking and support from others. A good starting point to build your Self Esteem is to find out where you are at the present time. This will give you a break down on areas in which you need to develop.

The following questionnaire should give you a good understanding on how you perceive yourself.

### ***Self Esteem Score***

Everyone, however confident they appear on the outside, can find certain situations difficult.

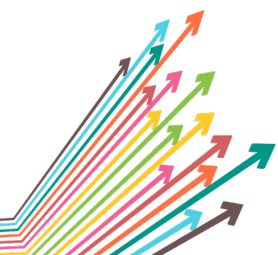
Below is a list of statements that will help you gauge your own confidence measure by deciding on how much you agree or disagree with them.

Please answer the statements as honestly as possible. To gain the most out of the activity you must be as honest as you can.

	Disagree	Somewhat Agree	Agree
Points	1	2	3
I find it hard to ask people to return items			
On the whole, I am often dissatisfied with myself			
I wish I had more good qualities			
I often think I am not able to do things as well as most other people			
I feel I do not have much to be proud of			
<b>I do not like to ask questions in public</b>			
I certainly feel useless at times			
I wish I could have more respect for myself			
I find it hard to converse with some people			
There are times I think I am no good at all			
<b>Column Total</b>			

My Self Esteem score is \_\_\_\_ / 60

The higher the score the more Self Esteem you have.



### *The First Steps*

The first step on the road to making real changes in your life is to take some time to focus on yourself.

Self-confidence stems from self-acceptance, and self-acceptance comes with self-awareness.

Self-awareness allows us to describe how we see ourselves, our likes and dislikes and to think about what is important to us. It also helps us see how we appear to others, and how this can help us understand why we get people – or not!

Understanding yourself allows you to decide which, if any, changes you wish to make in your life to create the life you want.

Let's start by looking at your current self-awareness. Tick 5 words from the list below and outline the reasons to why you have selected them.

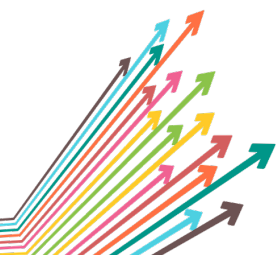
Outsider  
Responsible  
Caring  
Angry  
Disrupter  
Happy  
Assertive  
Irresponsible

Outsider:	<input type="checkbox"/>	Assertive:	<input type="checkbox"/>
Responsible:	<input type="checkbox"/>	Peacemaker:	<input type="checkbox"/>
Caring:	<input type="checkbox"/>	Intelligent:	<input type="checkbox"/>
Irresponsible:	<input type="checkbox"/>	Quiet:	<input type="checkbox"/>
Angry:	<input type="checkbox"/>	Confident:	<input type="checkbox"/>
Disrupter:	<input type="checkbox"/>	Relaxed:	<input type="checkbox"/>
Happy:	<input type="checkbox"/>	Open:	<input type="checkbox"/>
Disorganised:	<input type="checkbox"/>	Lively:	<input type="checkbox"/>
Patient:	<input type="checkbox"/>	Creative:	<input type="checkbox"/>
		Cheerful:	<input type="checkbox"/>

Creative  
Confident  
Relaxed  
Lively  
Assertive  
Intelligent  
Open  
Peacemaker

Enter the words into the table below and write down why you have selected them with examples of reasons if possible.

Word	Reason for choosing it



Choosing words and identifying the reasons why you have chosen them should give you an initial understanding of how and why you are feeling the way you do, but to help you further identify the reasons you need to look a lot deeper into yourself and ask yourself a series of overlapping questions, known as layered questions.

Layered questioning will enable you to have a greater understanding of yourself. Below are some example questions you could try:

Do I seek out people like me or different from me? Why is that?

Do I have control over my emotions? Why or why not?

In what ways does my spiritual belief affect my day-to-day life?

What do I fear most in my life right now? Why? What would it mean if that happened?

Do I have a code of conduct that I follow? If no, do I want one? Why or why not? If yes, what is it and why that code?

How much money do I feel I deserve to make a year? Why that amount?

What does money mean/represent to me?

What skills have I acquired that I'm proud of?

Beginning with when I was a child, what are the 10 most significant events in my life? Why did I make them significant?

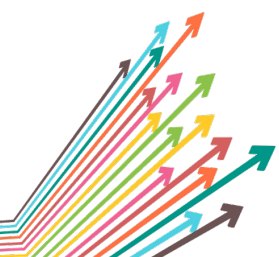
What are my 5 greatest strengths?

If I was to receive an award, what would I want the award to be for? Why that?

What period of my life do I like the most? Why?

What period of my life do I like least? Why?

As you can see, the further down the questioning process you go, the more you can tap into why you do what you do and who you are. It will take time for you to go through all the questions if you keep digging down each layer.



### *Where have these ideas come from?*

Most of our perceptions about ourselves stem from childhood, influences from family and friends, and your own core values.

The 'good little boy/girl' who was cuddled by her parents whenever he/she was successful at something becomes a highly trained achiever in adult life who may project an image of success merely to feel worthwhile.

The 'unsporting child' who was always the last to be picked for a team may avoid team situations in adult life.

The 'overweight child' who was teased at school may perceive him/herself as unattractive in adult life, even though he/she may no longer be overweight.

As such, they are deep in our character make-up and difficult to change.

### *Reframing*

This is the art of changing the way we look at how we behave. It involves noticing what you are saying to yourself, recognising how it is not useful to you and looking again at the content before rephrasing into positive terms that are of value to you.

Below is a list of words, but in this instance, you can see both the negative and positive definitions to show you how you can reframe.

Word	Negative	Positive
<b>Responsible</b>	Always have to be grown up	Capable and experienced in situations
<b>Caring</b>	People tend to dump their problems on you	Seen as interested and willing to help
<b>Happy</b>	Not allowed to show other feelings	Good to be around
<b>Patient</b>	Lacks spontaneity and enthusiasm	Able to take time to make decisions
<b>Assertive</b>	Sometimes doesn't allow others to have their opinions	Gets your needs met
<b>Peacemaker</b>	Doesn't allow difficult feelings to be met	Creative about options for others
<b>Intelligent</b>	Can appear to others that you know everything	Abundance of ideas and ability
<b>Confident</b>	Appear to know it all	Comfortable with yourself
<b>Relaxed</b>	Could appear disinterested or lazy	Calm and easy going
<b>Open</b>	Easily led	Warm and welcoming
<b>Lively</b>	Could appear to take over	Actively interested
<b>Creative</b>	Disorganised and unstructured	Open to ideas and new things
<b>Jolly</b>	Irritatingly cheerful	Cheerfully encouraging



Reframing can be fun, for example, if someone were to say: “Oh, it’s raining again”, reframing would be to say something like: “Yes, it’s great, isn’t it? It will do wonders for the garden.” Reframing is the ability to turn a negative into a positive.

Make a point of listening to your internal voice, what is it saying? Are there areas of your self-talk that could benefit from some reframing?

Now is the time to start listening to what you are saying to yourself and learn to reframe.

