

## **RECOGNITION AND ACCEPTANCE OF POSITIVE QUALITIES**

Self-esteem can be nurtured by firmly recognizing what is good in us. This is problematic for many because negative thinking habits make it much easier to recognize what is wrong or inappropriate. And while it may be beneficial to see your own flaws or weaknesses, focusing primarily on them, while ignoring your strengths, is detrimental to your self-esteem.

This exercise helps you recognize and strengthen your own strengths. Self-appreciation is a form of showing yourself love. The technique was developed on the basis of studies by three Canadian scientists who managed to strengthen the self-esteem of the participants of the experiment in just a few weeks (Gauthier, Pellerin, and Renaud, 1983).

As part of your warm-up, highlight features that to some degree or may have applied to you.

cleanliness	
reliability	
well read	
punctuality	
confidence	
enthusiasm, passion	
optimism	
sense of humor, cheerfulness, amusing others	
friendliness	
gentleness	
loyalty, devotion	
credibility	
trust, seeing good in others	
the ability to love	
strength, power, efficiency	
determination, firmness, decisiveness	
patience	

rationality, reason, logic	
intuition or instinct	
creativity, imagination	
compassion, kindness, caring	
discipline	
the ability to convince	
talent	
cheerfulness	
sensitivity, consideration for others	
generosity	
appreciating others	
respect, politeness	
sensitivity to beauty and nature	
following the rules, morality	
diligence	
responsibility	
organization, order, neatness	
sharing with others	
being able to encourage or compliment others	

attractiveness	
attention to appearance	
good physical condition	
intelligence, insight	
willingness to cooperate	
the ability to forgive, to ignore mistakes and flaws	
conciliation	
calmness, composure	
efficiency	
openness	
tact	
spontaneity	
flexibility, adaptability	
energetic	
expressiveness	
tenderness	
grace, dignity	
lust for adventure	

In the list below, check the things that you sometimes do reasonably well.

social life	
listening	
cooking	
sport	
cleaning	
job	
being a friend	
playing an instrument or singing	
learning	
leading, instructing	
organizing	
decision-making	
advising	
helping	
cheering, supporting	
planning	
adherence to recommendations	
correcting errors	

smiling	
debating	
mediation	
storytelling	
writing letters	
thinking	
asking for something	
setting an example	
being in a relationship	
accepting criticism	
risk taking	
indulging in your hobby	
spending planning	
being a family member	

You don't need perfection to mark any of the things listed because no one does any of them either all the time or perfectly. However, if you have a few points marked and you manage to maintain relative sanity in our very complex world, then please congratulate yourself. Remember that it was just a warm-up. The exercise you do right now is extremely effective in building your self-esteem.

## Cognitive test - exercise

1. Write down ten positive statements about yourself that are meaningful, true, and based on good judgment. You can use the terms from both of the above-mentioned lists, make up your own, or both. Here are some examples of sentences: "I am a loyal, responsible member of my family (team, club, etc.)", "I am clean and I like order", "I am an attentive listener". When identifying a role that you play well, try to add specific personal characteristics explaining why this is so. For example, instead of sticking to the frugal statement that you are a good manager, you might add that you judge the situation quickly, act decisively, and treat people with respect. Our roles may change over time, but our character and personality traits express themselves in the many roles we play in life.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

2. Find a place where you can relax and where no one will disturb you for fifteen or twenty minutes. Meditate on each of the ten statements, and the evidence that proves it, one or two at a time.
3. Repeat the exercise every day for ten days. Every day, add another statement (write them all on a piece of paper).
4. Look at the sentence added on a given day several times a day. For about two minutes, meditate on the evidence that proves its truthfulness.