



## Who Do You Think You Are?

*The better we feel about ourselves, the fewer times we have to knock someone else down to feel tall.*

**Self-Esteem is the degree to which you assign worth to yourself or the opinion you have of yourself.**

Other common words for Self-Esteem are Self-Confidence, Self-Acceptance, and Self-Assurance.

How we feel about ourselves and whether we respect ourselves affects every aspect of our lives and determines the quality of our lives and our capacity to succeed in business and in relationships. Self-esteem is what we think and feel about ourselves, not what someone else thinks or feels about us. Our relationship with ourselves is the most powerful of all relationships and the one we can never escape.

Many people suffer from a lack of self-confidence and low self-esteem, which prevents them from liking and accepting themselves. Their negative attitudes about themselves often extend to negative attitudes about others and the world in general and prevent them from reaching their full potential.

Real confidence can only come from a good self-concept--loving ourselves in a healthy way and accepting ourselves as we are. Confidence is a way of looking at the world with the belief that you can indeed make a difference. Or as Caroline Myss says in **Anatomy of the Spirit**, "Confidence combined with optimism is the awareness that one can take a glass that is half full and fill it."

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All of us need a boost to our self-confidence and self-esteem from time to time. We hope the following new articles at <http://www.melbabenson.com/articles.php> will be helpful to you and to others you care about:

"Self-Esteem Assessment"

"Speak Kindly: Stop Beating Yourself Up"

"Building Self-Confidence and Self-Esteem"

### **People with a true sense of self-worth and who are truly self-confident:**

1. Do not feel the need to tell the world how wonderful they are.
2. Do not have to be the center of attention.
3. Do not have to constantly point out what they hope others will view as their admirable qualities.
4. Are able to relax and just be.
5. Can be pleasant to everyone because they do not feel threatened by anyone.

People who feel the most inferior and inadequate often have a false air of superiority designed to cover up fear, self-doubt, and feelings of insignificance.

### **The level of your self-esteem or how good you feel about yourself is one of the main factors in determining how you choose to react to a situation or event.**

1. People who feel good about themselves tend to see new situations as opportunities and challenges.
2. People who have low self-esteem tend to feel threatened and fearful, resulting in defensive or angry behavior.

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"Self-esteem is that really quiet, gentle understanding of who I am, where I am in the world, what's good, what's not so good, what I still need to work on."

-JAMIE LEE CURTIS

"When you know who you are, you don't have to prove anything"

-JOYCE MEYER

"There's a big difference between what you did and who you are. We all come with a history. The door to your mental prison locks from the inside. You are the only one who can unlock it."

-DR. PHIL MCGRAW

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**Melba W. Benson, Ph.D. Educator/Coach/Mediator**

1007 Bucknell • Arlington, Texas 76012 • Metro (817) 265-2820 • Fax (817) 265-2571  
mwbenson@aol.com • <http://www.melbabenson.com>