

# The Ecotourism Society of Seychelles



*For the Community & by the Community  
The Process....*

## *"Turning Possibilities into Realities"*

2012 "STRIVING FOR OUR SEYCHELLES"

**Rio + 20: The Future we want: The Force Beyond**

**"Working Hard at Working Smart" (part V)**

**Quest for Love of Self**



## Understanding Self-Esteem

Self-esteem allows people to face life with more confidence, benevolence and optimism, and thus easily reach their goals and self-actualize. It allows oneself to be more ambitious, but not with respect to possessions or success, but with respect to what one can experience emotionally, creatively and spiritually. To develop self-esteem is to widen the capacity to be happy; self-esteem allows people to be convinced they deserve happiness.

Abraham Maslow

# Enhancing Self-Esteem for Happiness

Source Wikipedia

## Self-Esteem

**Self-esteem** is a term in *psychology* to reflect a *person's* overall evaluation or appraisal of her or his own worth. Self-esteem encompasses *beliefs* (for example, "I am competent", "I am worthy") and *emotions* such as triumph, despair, *pride* and shame: some would distinguish how 'the self-concept is what we think about the self; **self-esteem**, the positive or negative evaluation of the self, is how we feel about it'. A person's self-concept consists of the beliefs one has about oneself, one's self perception.

Synonyms or near-synonyms of self-esteem include: **self-worth**, **self-regard**, **self-respect**, and **self-integrity**.

According to *The American Heritage Dictionary of the English Language*, "self-love" is "the instinct or desire to promote one's well-being"; while La Rochefoucauld considered 'that *amour-propre* (self-regard) is the mainspring of all human activities'.

*Implicit self-esteem* refers to a person's disposition to evaluate themselves positively or negatively in a spontaneous, automatic, or unconscious manner. It contrasts with *explicit self-esteem*, which entails more conscious and reflective self-evaluation. Both explicit self-esteem and implicit self-esteem are subtypes of self-esteem proper. Implicit self-esteem is assessed using indirect measures of cognitive processing, including the Name Letter Task.

## Positive Self-Esteem

People with a healthy level of self-esteem:

- **firmly believe** in certain values and principles, and are ready to defend them even when finding opposition, feeling secure enough to modify them in light of experience.
- **are able to act** according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when others don't like their choice.
- **do not lose time worrying** excessively about what happened in the past, nor about what could happen in the future. They learn from the past and plan for the future, but live in the present intensely.
- **fully trust in their capacity** to solve problems, not hesitating after failures and difficulties. They ask others for help when they need it.
- **consider themselves equal** in dignity to others, rather than inferior or superior, while accepting differences in certain talents, personal prestige or financial standing.
- **take for granted** that they are an interesting and valuable person for others, at least for those with whom they have a friendship.
- **resist manipulation**, collaborate with others only if it seems appropriate and convenient.
- **admit and accept different** internal feelings and drives, either positive or negative, revealing those drives to others only when they choose.
- **are able to enjoy** a great variety of activities.
- **are sensitive to feelings** and needs of others; respect generally accepted social rules, and claim no right or desire to prosper at others' expense.

**Scarcity of self esteem cannot be remedied by money, recognition, attention or influence.**

Gary Zukan, Spiritual Teacher and Author

## Importance of Self Esteem

Abraham Maslow further states that psychological health is not possible unless the essential core of the person is fundamentally accepted, loved and respected by others and by her or his self. Self-esteem allows creativity at the workplace, and is a specially critical condition for teaching professions.

## Low self-Esteem

A person with low self-esteem may show some of the following symptoms:

- *Heavy self-criticism*, tending to create a habitual state of dissatisfaction with oneself.
- *Hypersensitivity to criticism*, which makes oneself feel easily attacked and experience obstinate resentment against critics.
- *Chronic indecision*, not so much because of lack of information, but from an exaggerated fear of making a mistake.
- *Excessive will to please*: being unwilling to say "no", out of fear of displeasing the petitioner.
- *Perfectionism*, or self-demand to do everything attempted "perfectly" without a single mistake, which can lead to frustration when perfection is not achieved.
- *Neurotic guilt*: one is condemned for behaviors which not always are objectively bad, exaggerates the magnitude of mistakes or offenses and complains about them indefinitely, never reaching full forgiveness.
- *Floating hostility*, irritability out in the open, always on the verge of exploding even for unimportant things; an attitude characteristic of somebody who feels bad about everything, who is disappointed or unsatisfied with everything.
- *Defensive tendencies*, a general negative (one is pessimistic about everything: life, future, and, above all, oneself) and a **general lack of will to enjoy life**.

As well, individuals with low self-esteem may have feelings of insignificance.

## Parental Influence

**Parental habits**, whether positive or negative, can influence the development of those same habits of self-perception in their children. Children are also likely to remember parental responses accordingly to their current emotional state at those certain times. For example, when the child receives positive reinforcement or praise when she or he currently has a high self esteem, or receives criticisms in a low self esteem state, it is effectively embedded in their memories.

**Self-Esteem** is fundamental, and universally beneficial, since the development of positive self-esteem increases the capacity to treat other people with respect, benevolence and goodwill, thus favoring rich interpersonal relationships and avoiding destructive ones.

For Erich Fromm, love of others and love of ourselves are not alternatives. On the contrary, an attitude of love toward themselves will be found in all those who are capable of loving others.

## Our Children: The Future we want.

### *A Dream Out There With Your Name On It (1991)*

[by Jennifer Holliday]

*Stay strong, I tell myself  
When things are going wrong.  
There's times I'd love to be a winner,  
As I see my chances growing dimmer  
I hold on ...to a memory.*

*Small one, my mother said,  
Your life has just begun.  
You'll see the rage of stormy weather  
But there's rainbows there and  
Things will soon get better  
So hang on... cause*

***There's a dream out there  
With your name on it.  
There's a wish somewhere,  
Just waiting for you.  
There's a star in the night  
Whose light will be shining brighter  
When that dream with your name on it  
Comes true.***

*Stand tall, don't you be afraid.  
You're sure to find your way.  
And when that voice that's deep inside you  
Says to take a chance,  
That's what you've got to do.  
Follow your heart, go where it leads you.  
It's telling you...*

*There's a dream out there  
With your name on it.  
There's a song somewhere  
To lighten your heart.  
There's a strength from within  
You can depend on  
When it seems that your schemes  
Are falling through.*

*There's a strength from within  
that you can depend on  
When it seems that your  
Schemes are falling through*

*There's a dream out there  
With your name on it.  
There's a song somewhere  
To lighten your heart.  
There's a strength from within  
That you can depend on  
When it seems That your schemes  
are falling through*



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