Self-Esteem
Biological, Cultural, and Social Dimensions

“We’d like to thank you all for taking part, obviously to protect your self-esteem there can be no winner…”

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Shame & Guilt

- Individual and cultural differences
Self-Esteem: “It's all relative.”

- How much we approve of/value ourselves
- Based on comparison
Low Self-Esteem

- Comes from the child’s evaluation of his/her...
- ...perceived inadequacies

“All I’m saying is that the ‘good dog,’ ‘bad dog’ labels have a real shame-based ring to them!”
Low Self-Esteem

- “I do not measure up.”
High Self-Esteem

• “I measure up well.”

“May I remind you that my core worth as a human being remains constant, and isn’t tied to external validation.”
What does it look like?

Low self-esteem:
- aggression
- emotional ups/downs
- worry/fright

High self-esteem:
- emotionally stable
- behaviorally stable
Self-Confidence

- Belief in ability to do/learn how to do something.
Did you know?

• Can have high self-confidence....

• ...but low self-esteem

The interviews hadn’t begun, but Carl was quietly confident.
Check it Out

• We can have high self esteem...
• ....and not always measure up
• “Work on being OK with not always measuring up.”

“We’re friends, so she accepts me warts and all.”
Self-Compassion

• How much warmth do we have for ourselves?

• Based on self-acceptance
Self-Compassion

- How much warmth we have for ourselves especially when the road gets tough
Self-Compassion: 3-Step Process

- Realize things are difficult
- Respond to yourself with kindness/understanding
- Normalize it
Self-Compassion: Rewards

- Decreased anxiety, depression, self-criticism
- Increased coping ability
- Greater feeling of social connectedness
References


