Low Self Esteem, the silent killer
Posted by pinokio - 23 Jan 2011 16:50

_____

Battling with self esteem, gotta get it revamped, renovated, redecorated, improved, painted, whatever. HOW does it all make sense? I know my talents but i don't believe them....BUt Why wouldn't I want to believe them; does anyone know what i mean by this question?

The self-esteem is my main battle today. If i could just upgrade my self esteem (hardware) then my brain's thoughts and reactions (software) would improve and i wouldn't fall into atzvus so much. Looking for wisdom...direction.

===

Re: Low Self Esteem, the silent killer
Posted by ss7107 - 23 Jan 2011 17:00

_____

no wisdom or direction from me. I use exprience, strength and hope to share.

I was told to make a list of my positive traits and a list of negative ones. Now I was told to review that list and see what is reality and what is fiction. Wehn I see reality i should write an example of it, when i see fiction, i should write why its false. It is so helpful for me to sort through the crap and be left with a semblance of who I really am.

Next I work step 6 & 7 to help me get rid of the bad and build on the good.

===

Re: Low Self Esteem, the silent killer
Posted by pinokio - 23 Jan 2011 17:11

_____

Thank you, SMGW. Does this also help for not needing approval from others? I waNT to get rid of that sub-concious thought that says "i thought that i said a good vort. Did Jim think so too" etc. I really want to shake that thought process so that i don't need anyone....

===