

Self worth/esteem help

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One of my big problems is that my internal reward system has been completely destroyed. I don't feel good when i do a good job. that left me with 2 choices for reward, 1) act out 2)splurge on myself either with food or something expensive that i would not get for myself.

Something that has helped me has been sitting down for 10 minutes with a cup of soda(usually fresca) each night and saying at least 2 times at the beginning and 2 at the end "Chezky you are doing great, Chezky you did an excellent job, Chezky you deserve this time and treat to yourself"

Doing this every night for 2 months has helped me a lot and has helped me even after i have stopped doing it.

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