

Self Esteem Work: Moving from External Validation to Self-Validation

Our self-esteem might be negatively impacted by many things, some examples include:

- **The spotlight effect:** A cognitive bias where people tend to overestimate how much others are noticing things about oneself, such as aspects of appearance or behavior. It can result in feelings of self-consciousness & so lower self-esteem.
“You wouldn’t worry so much about what others think of you if you realized how seldom they do.”
- **Negativity Bias:** A cognitive bias that explains why negative events or feelings typically feel more significant and impact our thoughts more, than positive events or feelings of equal or even greater proportion E.g. Consider how it feels/plays on your mind when someone compliments you vs someone criticizes you. It’s evolved from our need to survive i.e. noticing danger (negative) helps us to avoid it and stay safe. But left unchecked can cause destruction of our self-esteem.
“You need a negativity bias to survive, but a positive one to THRIVE.”

If we allow these Cognitive Bias’s to impact our self-esteem, it is likely we are anchoring our self-esteem with

- **External Validation:** I.E It comes from somewhere other than from within us. Relying on external validation to value our worth is not sustainable. If we depend on others to build us up, we also give them the same power to break us down.
“Your Value doesn’t decrease based on someone’s inability to see your worth”

Reclaim your self-esteem and empower yourself with self-validation. This can be achieved in many ways.

- Self-care is an umbrella term that includes many of self-validating ways that might be practiced to recognize self-worth and increase self-esteem
“Keep taking time for yourself until you’re you again.” Valuable & Worthy.