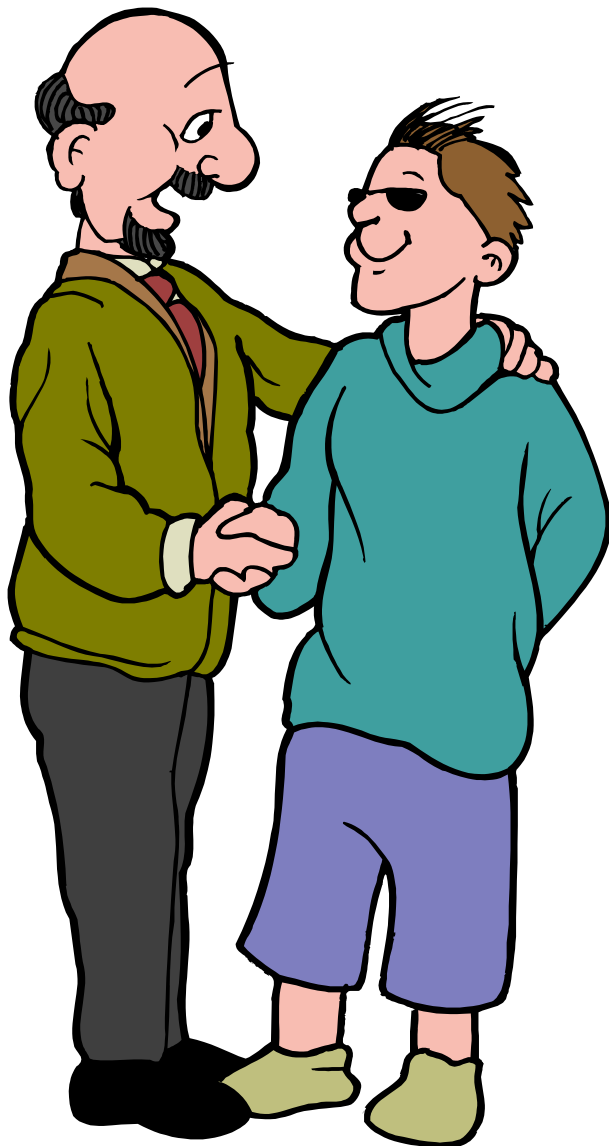


How Others Influence Our Self-Esteem



Self-esteem should not be influenced by other people.

Consider comments or suggestions from others carefully. Are they helpful/accurate/productive? Decide what you want to do about these comments. Should you modify your own behaviour? If so, to what degree?

Be considerate of others and treat them as you would hope to be treated yourself.

Remember that a person with high self-esteem does not achieve this at the expense of others. People with high self-esteem feel good about other people's accomplishments as well as their own.

People with high self-esteem do not compare their achievements with other people. Rather, they look at how they themselves have grown, take pride in what they have accomplished, and plan to grow in the future.

