Craig D. Lounsbrough, M.Div. LPC

Self-Esteem – The Four Big Lies

Licensed Professional Counselor

Certified Professional Life Coach

Self-esteem is really the accumulation of beliefs that we have collected about ourselves. We arrange these many beliefs in some sort of composite much like a tile mosaic. Each piece is some shard taken from some experience or encounter or event or circumstance that has come our way at some time in our lives. Some are little more than fragments. Others are monstrous blocks. These many pieces are selected based on the belief that they are true about us; that whatever they represent about who we are is real and factual. In most of our lives however, the building process is flawed. The mosaic, intended to be a self-portrait of the person is nothing of the kind. Over the years I have found four lies that can wreck an individual’s self-esteem and skew this mosaic. These four lies impact our lives in profound ways:

List three events or people who shaped your self-image:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What percentage of time do you focus on the positive in yourself?

0 10 20 30 40 50 60 70 80 90 100

Percent of Time You Focus on Your Positives

Do you feel that you tend to focus on your flaws? If you do, what purpose do you think that serves in your life?

Who are the current people or current situations that tend to reinforce your flaws?

Do you ever think that you were born flawed? If so, where do you think that kind of thinking came from?

Make a list of at least seven positive traits, characteristics, attributes, talents, abilities, etc. Commit to repeat these to yourself at least two times each day in order to develop a more accurate view of yourself.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_