



Self

Esteem/Acceptance:

**So What if Your Zipper is
Open?**

My Journey Began With Great Hope and Expectations:



But Life Tends to Happen:



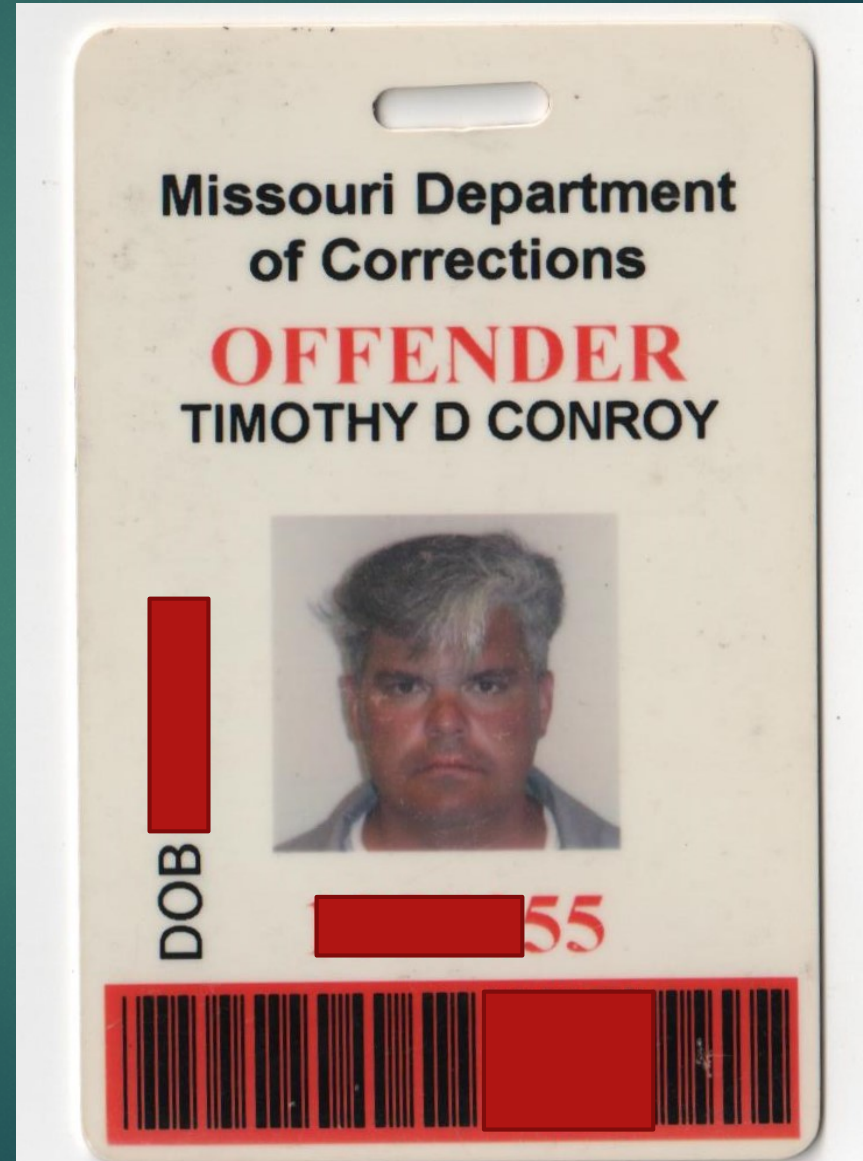
I Had (and Lost) A Lot of Jobs and Lived in Many Kinds of Places...



Many Kinds of Places...



Eventually went from Group Home to Prison:



And now...



SELF HELP CENTER

Restoring Hope for Healing Minds

8301 Crest Industrial Drive

Affton, MO 63123

Timothy D. Conroy MLSLT, CMPS

Certified Missouri Peer Specialist - Member -
Facilitator - Community Speaker - CIT Council

Phone: (314) 200-HELP x5 [REDACTED]

Email: tim.conroy@selfhelpcenter.org
[REDACTED]

Website: www.selfhelpcenter.org

**Peer Support
at Work!!**

What is Self Esteem?

- ▶ Self esteem is the acceptance, respect, confidence and satisfaction that you have in yourself as a person.
- ▶ It is based on an internal image of ourselves that we have, consciously and subconsciously.
- ▶ Your self esteem will determine the way you interact with the world:
 - Your personal identity, image and dignity.
 - How you value, treat and take care of yourself.
 - How you judge everybody around you.
 - How you make decisions and handle relationships.



Why do we have low self esteem
and a hard time accepting
ourselves?





Not
smart
enough

Not good
enough

Not
talented
enough

Not pretty
enough



Why is Self Esteem Important:



- ▶ The importance of a healthy self esteem cannot be underestimated . It defines how one perceives oneself and life in general. It means assuming responsibility, living consciously, respecting others and yourself.
- ▶ Healthy self esteem enables you to be proud without being overbearing or conceited, to approach life circumstances with a positive attitude, to know you are worthy to realize your dreams, and to understand that you deserve a joyful life.
- ▶ Healthy self esteem allows you to make choices that are supportive instead of defeating.

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



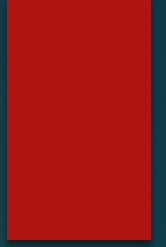


Is Self Acceptance
Something Else
Then?

Self Acceptance is, in my opinion, a vital part of healthy self esteem.

- ▶ Acceptance doesn't mean forgiveness - it means taking responsibility for what is real and leaving behind what is not.
- ▶ Self acceptance is a state of calm and acknowledgement, a state of accepting that an event, situation, or incident happened with assigning blame. (These can be internal or external events.)
- ▶ Self acceptance is the start to making changes in our lives.
- ▶ I encourage you to explore the concept of self acceptance more with someone else: your peers, counselor , a CMPS, or with a therapist or psychiatrist.

**I AM
WHO I AM.
YOUR APPROVAL
IS NOT NEEDED.**



So I Decided to Try Something New!!

5 STAGE RECOVERY PROCESS



Impact of Illness

The Person is overwhelmed by the disabling power of the illness

The symptoms and the resulting behavior are the controlling experience in a person's life, and the person is often not able to function.

The danger is that the person will re-define herself in mental illness terminology that will automatically limit her future.

The role of services is to decrease the emotional distress by reducing the symptoms and communicating that there is life after diagnosis.



Life is Limited

The Person has given in to the disabling power of the illness

The person doesn't like his life the way it is, but believes it is the best it will ever be. He is not ready/able to make a commitment to change.

The danger is that the person will resign himself to this life and refuse to acknowledge that there is anything he can do that will make a difference in his life.

The role of services is to instill hope and a sense of possibility and to rebuild a positive self-image.



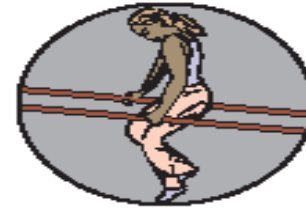
Change is Possible

The Person is questioning the disabling power of the illness

The person believes that there has to be more to life than she is currently experiencing and is beginning to believe that her life can be different.

The danger is that the person will be afraid to or discouraged from taking the necessary risks and remain in the 'life is limited' stage.

The role of services is to help the person see that she is not so limited by the illness and in order to move on she will need to take some risks.



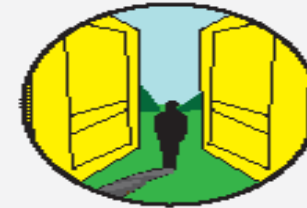
Commitment to Change

The Person is challenging the disabling power of the illness

The person believes there are possibilities, but isn't sure what they are or what to do. He is willing to explore what it will take to make some changes.

The danger is that the person will not get the necessary skills, resources and supports that he needs to do what he wants to do and will not succeed in moving forward

The role of services is to help the person identify his strengths and needs in terms of skills, resources and supports.



Action to Change

The Person is moving beyond the disabling power of the illness

The person has decided the direction that she wants her life to go and is willing to take more responsibility for her decisions and actions.

The danger is that she will begin to doubt her ability to function on her own, trust her own decisions and revert back to a life lived in the system

The role of services is to help the person trust in her own decision-making ability and take more and more responsibility for her life.

So why is self esteem important
to recovery?

My own view...

So How Do I Increase my Self Esteem??

One way is to remember this simple phrase:

Catch it, Check it, Change it!

CATCH IT!

- ▶ Catch the negative thought. Learn to be aware of what you are thinking and when you have a negative thought. Try to look for events that trigger negative thoughts.
- ▶ One of the defining factors of being human is the ability to analyze ourselves and our own thoughts.

CHECK IT!

- ▶ There are a few sub-steps to this one:
 - a.) Be rational. Is the thought or feeling real? Examine the evidence. You can ask someone else about it. (Did you hear that? Did such-and-such happen? What do you think of this idea or theory?) Use logic.
 - b.) Be specific.
 - c.) Thinking in shades of grey. Often, things are not absolute. What are your strengths and weaknesses? What can I work on?

CHECK IT! (continued)

- ▶ d.) Apply the double-standard technique. With negative self-talk, a person wouldn't usually talk to their friends or family the way we sometimes talk to ourselves (or think about ourselves).
 - ▶ It is not necessary to hold yourself to unachievable or unreachable higher standards when comparing yourself to others.
- ▶ e.) Take a survey. Reach out to others. Get feedback. It's difficult to be objective about one's thoughts so it can be helpful to talk things over sometimes with someone else or with a therapist or psychiatrist.
 - ▶ Warning – choose who you speak with carefully, people with stigma clouding their opinions may not be able to offer very helpful or useful advice.

CHANGE IT!!!

- ▶ Substitute the negative thought with an alternate thought that is positive and realistic.
- ▶ The brain will not accept “Fluff”. Keep the thinking reality based.
- ▶ A simple example of this would be:
 - ▶ Say you had a negative thought similar to - "My friend cancelled our movie date. Maybe they don't like me. Are they going with someone else instead?"
 - ▶ Try replacing with - "My friend cancelled our movie date. I'll have to find out what happened. Maybe we can rebook."

Other Tools You Can Use:

- ▶ Make a Daily Accomplishments List – Every Day!!
 - ▶ Throw out the mental failure list – Every Day!!!
- ▶ Make changes in your lifestyle as possible:
 - ▶ Eat a little better, exercise a bit more, organize your life a bit. These don't have to be huge changes, every little action can help you feel better about yourself.
- ▶ Do things just for you... occasionally.
- ▶ Do things for others just because... often.
- ▶ Work on comparing issues. I know I can not realistically compare myself to anyone else because I am not them and they are not me. We do not have the same genes, life experience, etc.
 - ▶ I can only compare the me that I am now with the me that I want to be – and then work to achieve that goal.

Thank You for Your Time!!!!

- ▶ Questions?
- ▶ Anyone have an example of how to use “Catch It, Check It, Change It!” in their lives?

Please feel free to contact me with questions or comments/reviews of presentation:

Timothy D. Conroy MLSLT, CMPS, QPRI, MHFA

8301 Crest Industrial Drive

Affton, MO 63123

Work Phone: 314-200-HELP(4357)x5

E-mail: tim.conroy@selfhelpcenter.org

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