

## 'yto - one'

Newsletter – February 2008

*"we are all hungry for love, acceptance, belonging – rejection can still feel like death"*

Dr Julian Short

Hi All Our Valued Friends, Partners, and Clients

February 2008

Welcome to our second edition of 2008 of 'yto - one'.

### Theme for February – Happiness is Good Self Esteem

Welcome to February 2008. Congratulations for allowing yourself to dream big for 2008 and I am thrilled to hear the fantastic results you have been getting as you employed the *success anchors* to kick start your 2008! It is going to be even more exciting than we could have imagined! So, here we are, the holiday festivities are coming to an end, children are returning to school, we are back at work, and our lives are returning to some routine and order. It's an ideal time now to explore how important our sense of self worth and self esteem are and how vital they are to our happiness – a subject that is perhaps the most close to my heart. I dedicate this Newsletter to the writings of Dr Julian Short, Psychiatrist, a truly inspirational man with over 30 years of clinical practice and his book "An Intelligent Life."

### Life Challenges and Self Esteem

We all know that life has challenges. No-one escapes from it. Whether you are a Hollywood Celebrity or someone living on the streets – we all have to deal with our own sense of self worth in our world. No matter what happens it is up to us to keep believing in ourselves. No one else can do that for us. Some people have the tools and healthy self esteem to be able to "get back on the horse" after a setback. Others find the set-back so debilitating - their self esteem is eroded, they withdraw, and in severe cases sink into a state of depression. Hence, it is vital we take action to understand and create healthy self esteem for a happy life!

### What is Self Esteem?

Basically, **self esteem is our opinion of ourselves**. It is **the value we place upon ourselves**.

### The Effects of Low Self Esteem

**Depression is a loss of self esteem or self love.**

### Love/Individuality – Self Esteem and the Sausage

In his brilliant book, "An Intelligent Life" Dr Julian Short, renowned Sydney Psychiatrist, with over 3 decades of experience, describes self esteem as a sausage. **Love** and **individuality** make two halves of the sausage of self esteem. Therefore, **good self-esteem is a full sausage with both ends packed and well balanced**. He states that "over-inflating one half of the sausage of self-esteem at the cost of the other never makes a full sausage." So we need to ensure we have strategies to keep the sausage well balanced.

### Balancing Your Need for Love and Individuality with Kindness and Dignity

Through over 30 years of experience Dr Short says that: **"Relationships are everything**. There is no emotional problem that is not a function of rejection or belittlement, real or imagined. **If you understand that every contact you have with another person is driven and shaped by your needs for love and individuality, and if you manage this balancing act with kindness and dignity, you will do very well. If you want to feel good about yourself, you need the skills to enable you to feel loved, loving and loveable, but at the same time you must preserve a sense of individuality, dignity, strength and control. If you have been kind in the service of love and dignified in the service of your individuality and you recognize you have done this by choice, you have a good chance of being liked and liking yourself in a real and enduring way.** Whatever problems you have, you need to manage yourself skillfully within your relationships. If you are bankrupted, you have cancer, your children are misbehaving, or your boyfriend has slept with your best friend, you may deserve sympathy. But these are the very times when you must pay attention to the way you relate to others. For it is during these periods above all others when you need to be the best partner, friend, parent and adult you can be. You won't fix an unfixable problem, but **you will feel as good about yourself as possible**".

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### We See Ourselves in the Mirror of Other People's Reactions

Dr Short goes on to say (in his book "An Intelligent Life"): **"We see ourselves in the mirror of other people's reactions. If we want to like the person we see, we need to give and get as much love as we can. So, looking after ourselves means looking after our relationships."**

### Building an Active System For Improving Self Esteem

In his book, "An Intelligent Life," Dr Julian Short talks about processes to build positive esteem with an emphasis on **skilled management of your relationships to set up a mirror in which to see yourself positively**. For he says that is a very vital element of our self esteem. The **techniques are around making the event smaller, looking after your spirit well, maintaining the dignity of your individuality while preserving your relationships as warmly as you can**. So, below, I have incorporated some brief guides which will have an impact on your relationships, intimacy and self-esteem

### Kindness and Dignity – the Ultimate Measures of Human Worth

If you have been kind in the service of love and dignified in the service of your individuality and you recognize you have done this by choice, you have a good chance of being liked and liking yourself in a real and enduring way.

### Treat Everyone As If You Believe They like You

People with healthy self esteem have a gift for treating every person they meet as if that person likes them.

### Behave as a Self-Respecting, Equal Adult

Choose your actions well- behave with self-respect and a sense of equality.

### Look as If You Like Yourself

If you look as if you like yourself, you will appear to have enough self-love to have loved to spare for others. You are therefore attractive because everybody wants to be loved

### Combine Being Nice with the Power of Dignity

To **lean** over backwards for others is both generous and wise but to **fall** over backwards is foolish.

### Assertion Is the Only Option

Assertion is putting you in your place, not him in his.

### We can be hopeless at Things but Sensational as People

We can still like ourselves, liberating us to be hopeless at things, but sensational as people.

### Mirror Mirror on the Wall...

Congratulations! I hope you are as inspired as I was when I read some of these insights. I offer these to you as some fresh perspectives; you may or may not wish to take them on as your own strategies. However, in Coaching, often new perspectives can lead to a shift! So, I welcome you to a new perspective on the world of healthy self esteem where you will maximize love and belonging whilst simultaneously knowing how to strengthen your individuality. Wow! This is exciting stuff. I can't wait to connect with you again soon.

Warmest Regards,

Karen Vella

yto Performance Consultant, Life Coach  
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