

# Four Kinds of Esteem

**Self Esteem**

It is our God-given right. We are born with. It is reflected back to us by our families. If not we have to learn to give it to ourselves.

**Performance-based Esteem**

Degrees,  
Accomplishments,  
Hard working,  
Organized.

**Attribute-based Esteem**

Pretty, Smart,  
Thin, Kind,  
Muscular

**Other-based Esteem**

Needing others approval to feel okay about ourselves

## Strong Self: Appropriate Boundaries



Walls



Flexible Boundaries



No Boundaries

**Examples:**

**Walls:** Person is always angry, critical, unavailable, condescending.

**Flexible boundaries:** forgiving, knows when, where, with whom and how to speak and when not to. Listens, is centered, has good self protection.

**Fused:** Person with no boundaries, easily overwhelmed, interrupts all the time or never speaks up, doesn't take cues from those around or is radar tuned into others with no voice, is always afraid of and predicts fearful outcomes.

# Core Rights As A Human Being

## What our children need to learn from us:

- 👉 I am valuable and precious.
- 👉 I have the right to be vulnerable with boundaries and protection.
- 👉 I have the right to be perfectly imperfect. I am human. I make mistakes. I have the right to apologize, make amends and be forgiven.
- 👉 I have wants and needs. I have a right to be interdependent.
- 👉 I have the right to be spontaneous and open with containment and moderation.