

Relationships and Self-Esteem

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Self-esteem

When others respond positively to us, we feel valued and lovable. Receiving consistent support and validation in our relationships helps to create high self-esteem. However, if our self-esteem is largely contingent on receiving external approval it can be unstable and make us do things to feel worthy but that don't lead us to happiness in the long run.

that you are somehow not as respected and worthy as others is at the root of low self-esteem.

Finding out more about what is important to you can help you to recognize that your current perception of yourself may be restricted and distorted by your need for approval.



Relationship anxiety in particular, can create unstable self-esteem because our belief in our value fluctuates. When we feel insecure, we want others to take decisions for us and reassure us of our worth. But when our self-esteem is tied to needing reassurance, we have little control over our sense of self and our own needs.

Self-esteem involves beliefs about ourselves, our appearance, emotions and behaviors. Feeling

When we can accept ourselves as we are, this allows us to change and grow without the critical put-downs that undermine us. Appreciating yourself, your value and worthiness needs to be acknowledged by you as the first step in building high self-esteem. Valuing yourself and respecting your needs leads to more fulfilling relationships, less stress and a greater connection with yourself.

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This month the theme is all about self-esteem in relationships. Relationships can have a significant effect on our self-esteem as we naturally want to be loved and approved of by our partners and we may tie our value to how we feel they perceive us. When our beliefs about our worthiness is dependent on external approval it can make us feel unstable and unsure of how we should be. Contingent self-esteem makes us do things to feel worthy but can stop us from speaking our truth and expressing our real needs.

If you feel you are getting stuck in the same type of situations and patterns in your life then it might be time to discover more about how you see yourself.

**Call Marie for a chat on
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