

OVERCOMING LOW SELF-ESTEEM AND DISTRESSING VOICES

From your answers, do you think you might have low self-esteem? If you do, then you might find the ideas in this chapter helpful.

Figure 19: Rating your self-esteem
(Rosenberg Self-Esteem Scale, Rosenberg 1965)

	Strongly agree	Agree	Disagree	Strongly disagree
1. On the whole I am satisfied with myself.	3	2	1	0
2. At times, I think I am no good at all.	0	1	2	3
3. I feel that I have a number of good qualities.	3	2	1	0
4. I am able to do things as well as most other people.	3	2	1	0
5. I feel I do not have much to be proud of.	0	1	2	3
6. I certainly feel useless at times.	0	1	2	3
7. I feel that I'm a person of worth, at least on an equal plane with others.	3	2	1	0

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8. I wish I could have more respect for myself.	0	1	2	3
9. All in all, I am inclined to feel that I am a failure.	0	1	2	3
10. I take a positive attitude towards myself.	3	2	1	0

Total score = ____ / 30

Do I have negative core beliefs about myself?

We saw earlier that core beliefs are the way we think about ourselves deep down. These are beliefs that have often been around since we were young children. Negative core beliefs lie at the heart of low self-esteem. We can identify our core beliefs as ‘I am . . .’ statements. For example, ‘I am kind’, ‘I am lazy’, ‘I am conscientious’. Once we can identify our negative core beliefs it is easier to start to question how accurate they really are.

Do any of the negative core belief statements below *seem* true about you? Some of these statements might seem true all or most of the time, or they might just seem true some of the time. Take a few moments to read through these statements and ask yourself if, at least sometimes, you believe these things are true.