

## **Counseling Capsule**

An information service from the UTEP Counseling Center  
Visit our web site at: <http://sa.utep.edu/counsel/>



### **WHAT IS SELF-ESTEEM?**

Self-esteem is made up of thoughts and feelings you have about yourself. The more positive feelings you have about yourself, the higher your self-esteem. The more negative feelings you have about yourself, the lower your self-esteem.

### **WHY IS SELF-ESTEEM IMPORTANT?**

Self-esteem affects the way you live - every relationship you have, every experience you have, everything you do. High self-esteem can make you feel effective, productive, capable and loving. Low self-esteem can make you feel ineffective, worthless, incompetent, and unloved.

### **FACTORS THAT INFLUENCE YOUR SELF-ESTEEM**

Your level of self-esteem is based on the unique experiences and personal relationships that have made up your life. In general positive experiences and fulfilling relationships help raise self-esteem. Negative experiences and troubled relationships tend to lower self-esteem. No single event or person can determine your level of self-esteem. Self-esteem develops over time and changes with experience.

### **HOW TO IMPROVE YOUR SELF-ESTEEM**

Self-esteem is like muscle. It needs regular exercise to grow strong. The more you work to build your self-esteem, the better shape it's in. Steps for improving your self-esteem include:

- **Accept Yourself:** Identify and accept your strengths and weaknesses.
- **Treat Yourself Well:** Pay attention to your thoughts and feelings. Take care of your physical body. Set personal boundaries. Ask for help.
- **Do What You Love:** Positive experiences raise your sense of personal effectiveness and self-confidence.

If you want help improving your self-esteem, contact the University Counseling Center. Our staff offers free workshops, discussion groups and individual counseling.

**HELP! WHERE TO FIND IT:**

University Counseling Center 747-5302  
202 West Union: M-T 8-7/ W-F 8-5