

Self-esteem and self-evaluation

Not every form of self-evaluation leads to problems. It is perfectly normal to evaluate your own achievements and characteristics in order to achieve your goals and to feel comfortable in your social environment. People have always had the urge to categorize and compare themselves. Self-evaluations are not a problem if they are performed discerningly and realistically and above all, are not generalized. Issues arise when you use unfair criteria or generalizations and sweeping statements.

Objective of the exercise:

To learn to judge yourself in a more discerning and fairer manner. You'll be able to see whether you are setting higher standards for yourself than for others just by changing your perspective. This can help you to be kinder to yourself.

Here are some examples:

Unhelpful evaluation	Helpful evaluation
"I didn't get anything done."	"This week was really hectic."
"Whoever is taller is more important."	"I'm smaller than my brother."
"If you fail an exam you are a failure."	"The exam didn't go the way I wanted."
"I don't know anything at all."	"I think my general knowledge isn't very good/is not good enough."
"I'm not attractive at all."	"I don't like my stomach."
"I started studying late again and I had vowed to revise the material after every lecture."	"This semester I managed to be better prepared than the last. This is progress."

Do these unhelpful evaluations seem familiar to you?

Observe yourself for a few days and write down any thoughts and statements you have about yourself. Think about whether they are helpful or not. And try to judge yourself just as you would judge a close friend.