

## Overcoming Low Self-Esteem

After you have focused on your negative podcasts for a few days and feel satisfied that you are becoming increasingly aware of them, then you can add working on your self-esteem to your practice.

### ***Exercise 10. The Acknowledgments List***

The "Acknowledgments List" will help you to see just how much you do to love and nurture yourself. If you find that you pay little attention to your own needs for nurturance, then you will know that you should begin to do more. Even if you do pay a satisfactory amount, when you begin to acknowledge yourself, you will begin to feel better about who you are. You will experience an increase in energy that comes from an increase in self-esteem.

#### **Procedure**

- 1. Relax.** (see the exercise entitled "Creating a Container for the Work" above).
- 2. Review.** Start by making a list of the things you've done in the last week to take care of yourself.
- 3. Action.** After each acknowledgment, write a word of praise.

This might seem a little silly at first, but after you try it and see how much more effective it is than just making a list, you will see why it's a necessary part of the exercise.

#### **Example: Acknowledgments List**

Acknowledgement	Word of Praise
Took bath...	Good
Got massage...	Great!
Made interview phone calls...	Well done!

Acknowledgement	Word of Praise

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