



Journal:

Self-Development

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Self-Development 1

(video: 20 minutes)

Building “Self”

Definition: “An inner sense of who we are”

Unstable sense of self:

Stable sense of self:

Swiss cheese “self”:

“Self-Self Objects”

Memories

Affirmations

Meaningful

Change us

It is ok, even inevitable and needed to build “self”

Discussion/Reflection:

Is it okay to build a positive and realistic sense of self?

Has too much negative stuck?

Would it be okay to wash away the negative?

Would it be okay to peel off the non-stick coating for positive comments?

Can you accept that, deep down inside, there is an innocent and wholesome child who is capable of learning and accepting affirmation, of loving and being loved?

Analogies:

Negative:

“SCUM”

S _____

C _____

U _____

M _____

Positive:

“LGS”

L _____

G _____

S _____

Allow the LGS to stick

Other approaches:

DBT

Journaling

Reflecting

Reading

Others

Influences:

People close to us

Tend to devalue the positive comments

Amplify the negative

More neutral / distant relationships

Comparisons:

“Inferiority Complex”

Opportunities for contribution are stifled by comparison

Misguided to focus on being only the best when there is so much good to be done!

“Emotional Shielding” – protection of “self”

Discussion/Reflection:

SCUM

LGS

Comparison

Influences

Protection of “self”

Self-Development 2 (video: 17 minutes)

Self-Esteem

What is self-esteem?

Definitions:

“Esteem” - Regard, respect, the condition of being honored, well regarded, admiration, delighted approval and liking, pride, worthiness, dignity

“Self-esteem” – Our own perception of being acceptable and lovable, self acceptance then reinforces other’s comments, dignity and self-respect of ourselves.

Minority or unpopular Vs. Uniqueness

Dangers of building “self esteem” on external things
 (“self” vs. “other” esteem)

Foundations in:

Core values

Principles for living

Checks and balances

Meaning and purpose

Ups and downs

Think Safety!

Discussion/Reflection:

Is it okay to accept, even affirm yourself?

Do comparisons get in your way?

Do you have any other problems accepting these ideas?

The description of the journey's road surface:

Interplay of guilt/shame issues, victimization and self-development

Enhanced ability to make healthy decisions

"Self" development is foundational for many other things

Spiritually inclusive segment:

Building “self”

Concern about (but the not same as) “pride”, “selfishness” or “self sufficiency”

God’s love

God as LGS

Love others as you love yourself

“Me and God make a majority”

Discussion/Reflection:

Does God love you?

Is it okay to accept that love, even remember, memorialize and revel in it?

What has gotten in the way of your willingness to accept that love from God?

What has gotten in the way of your ability to accept that love from God?

How does this fill your “swiss cheese” self?

Are you acceptable, lovable, created and blessed by God?