

Website Resources: A Guide to Help You Help Yourself

Defining Your Self-Esteem Problems

Thank you for signing up for my newsletter! If you downloaded this guide, then it probably means you have purchased *The Art of Self-Acceptance*. That means some kudos to you are in order!

In chapter 6 of my book, I provided a guide on how to identify your self-deprecation issues, goals, and how to analyze and dispute your irrationalities. The template below will help you to visualize them in paper or digital form. Print this document or use the appropriate software, such as Adobe Acrobat reader or one of its competitors.

The following questions will help you to become more aware of your self-rating tendencies and what subsequent behaviors, thoughts, and emotions show up once you engage in them. There are a total of eight items.

Refer to page 114 in chapter 6 on how to answer the questions.

Number 1: What are the things you criticize yourself for?

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Number 2: What feelings are prevalent when you criticize yourself?

Number 3: What do you tell yourself when you self-denigrate?

Number 4: What do you do or think of doing when you berate yourself?

Number 5: What thoughts come to mind after you self-denigrate?

Number 6: In what ways does your habit of self-criticism in the areas mentioned in your response to number 1 influence your perspective when facing situations, either in real life or in your imagination?

Number 7: What do you do to avoid the situations in number 1?

Number 8: How do you compensate for your self-depreciation and what effects does it have on you?

Creating Your Goals

This next section of the guide has the eight questions from page 121 from chapter 6. With them, you are encouraged to think of your self-rating issues and create appropriate goals in order to make changes in life.

Number 1: What are the things you criticize yourself for that you would like to embrace and accept instead?

Number 2: What healthy feelings are expected instead of the unhealthy negative feelings you experience when you criticize yourself?

Number 3: What can you tell yourself to help you accept your being when you self-denigrate?

Number 4: What can you do or think of doing when you accept yourself?

Number 5: What thoughts come to mind after you accept yourself?

Number 6: In what ways does self-acceptance influence your perspective when facing situations, either in real life or in your imagination?

Number 7: What do you do to confront the situations in number 1?

Number 8: Instead of compensating for your self-depreciation, what constructive action can you take?

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Using the ABC Model to Analyze Your Irrationalities

Now it's time to put your analysis skills to the test. Choose one instance where you self-rated and felt the negative consequences of your beliefs. It's best if you use the template for one instance only, and do it several times in order to become more proficient. Fill out the following template with the necessary information.

Use the example from page 128 from chapter 6 for reference if you need. I'll also provide information on how to use this section after the template down below.

Situation		
A (Critical)		
B	(Demand)	
	(Self-depreciation beliefs)	
C	(Emotional)	
	(Behavioral)	
	(Thinking)	

Instructions for the ABC table:

1. Choose a specific situation where you self-rated. Describe it in detail. Be as impartial as possible.
2. Fill out the C part of the table. Write the main emotional consequence you felt during or after the event. Do the same for the thoughts and behaviors.
3. Focus on the part of the event that upset you the most during the event, or what you were most self-critical about. If you need to, conduct an inference chain investigation using the information from C (Emotional). Write your findings next to A (Critical).
4. Now, find the demand and self-deprecation belief you held regarding A (Critical) which influenced your answers in C.

Disputing Your Beliefs

Now you have completed your ABC analysis. You are ready to start disputing your irrationalities. You can focus on the unhealthy negative emotions you experienced in the adversity, or you can follow Dryden's method where you dispute your unhealthy beliefs behind your self-rating as well as the beliefs behind your self-acceptance.

Review the "Dispute Your Irrationalities" section of chapter 6 for details.

Questioning Your Beliefs

Demand	
Full Preference	

- *Which of these beliefs is true? Which is false?*

- *Which of these beliefs is beneficial? Which is unhelpful?*

- *Which of these beliefs is rational? Which is irrational?*

- *Which of these beliefs would you like to reinforce and put into action?*

The process continues with the same questions but for your self-deprecating beliefs and self-acceptance beliefs.

Self-Deprecating Belief	
Self-Accepting Belief	

- *Which of these beliefs is true? Which is false?*

- *Which of these beliefs is beneficial? Which is unhelpful?*

- *Which of these beliefs is rational? Which is irrational?*

- *Which of these beliefs would you like to reinforce and put into action?*

You're done. Repeat this process for every situation or adversity you face. You can also use it for past situations. Good luck!