

FULL RESPECT LIVING TOOLKIT – THE ESSENTIALS OF LIVING RELATIONALLY

Adapted from Terry Real <http://www.terryreal.com/store/full-respect-living-tool-kit>

1a. PRACTICE HEALTHY SELF-ESTEEM

Healthy self-esteem is holding yourself in warm regard despite your imperfections as a human being. It is the belief that you have an inherent worth just because you are on this planet. Self-esteem:

- ❖ Comes from the inside-out
- ❖ Can't be added or subtracted from
- ❖ Can't be more or less than another person
- ❖ Is "SAME AS" (no better or no worse than anyone else).

Unhealthy self-esteem is contempt-based and can be:

- ❖ Contempt for self, or feelings of SHAME (feeling worthless, "less than" others) or
- ❖ Contempt for others, or feelings of GRANDIOSITY (feeling worth more or "better than" others)

YOUR PRACTICE

- ❖ Check to see whether you are "in shame" or "in grandiosity" and correct if necessary
- ❖ If you are "in shame" or in a prolonged or "toxic" shame state, in your mind's eye, reach down and visualise pulling yourself up into your body so that you look squarely out of your eyes at the other person, from a level, "same as" position.
- ❖ If you are "in grandiosity", in your mind's eye reach up and visualise pulling yourself down into your body so that you look squarely out of your eyes at the other person, from a level, "same as" position.

Terry Real uses the graphic below to show how toxic shame is just as self-involved as grandiosity. The way out of both is to develop healthy shame, which is remorse. This calls for action to repair damage to self or other.

<http://www.sohoparenting.com/blog/2009/07/toxic-shame/>

