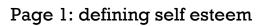
Self esteem formulation





Early experiences	
	The meaning we take from our
	experiences creates what we
	think/ feel about ourselves
Bottom line (assessment of worth as a person)	
(
	We develop maladaptive coping
	strategies like rules or unfair
	standards to avoid triggering the bottom line
\bigvee	bottom me
Rules / standards I need to meet to not think the bottom line is true	
1	

Part 2: how self esteem impacts us

