

# Self esteem formulation

## Page 1: defining self esteem



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

Rules / standards I need to meet to not think the bottom line is true

## Part 2: how self esteem impacts us

