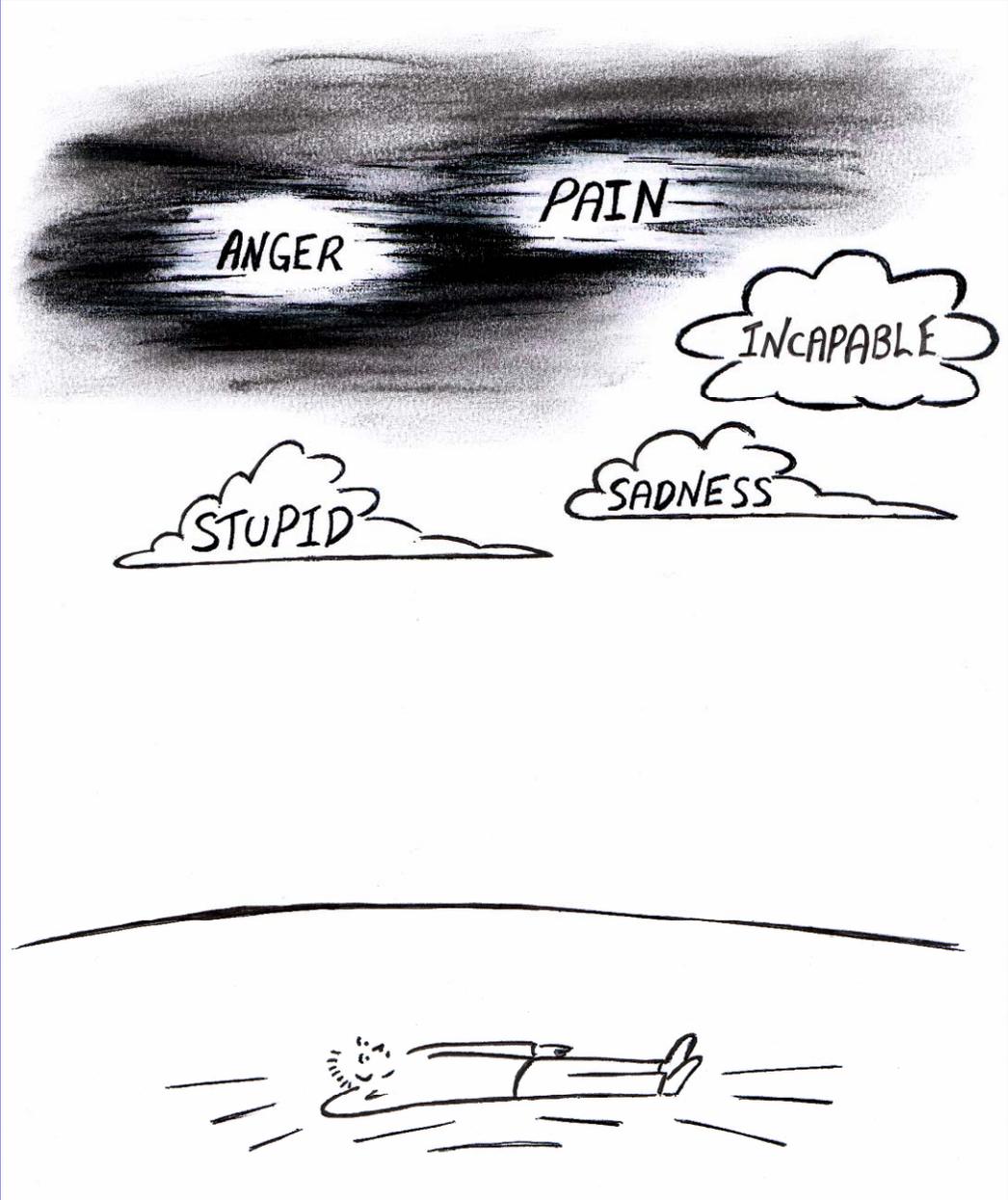
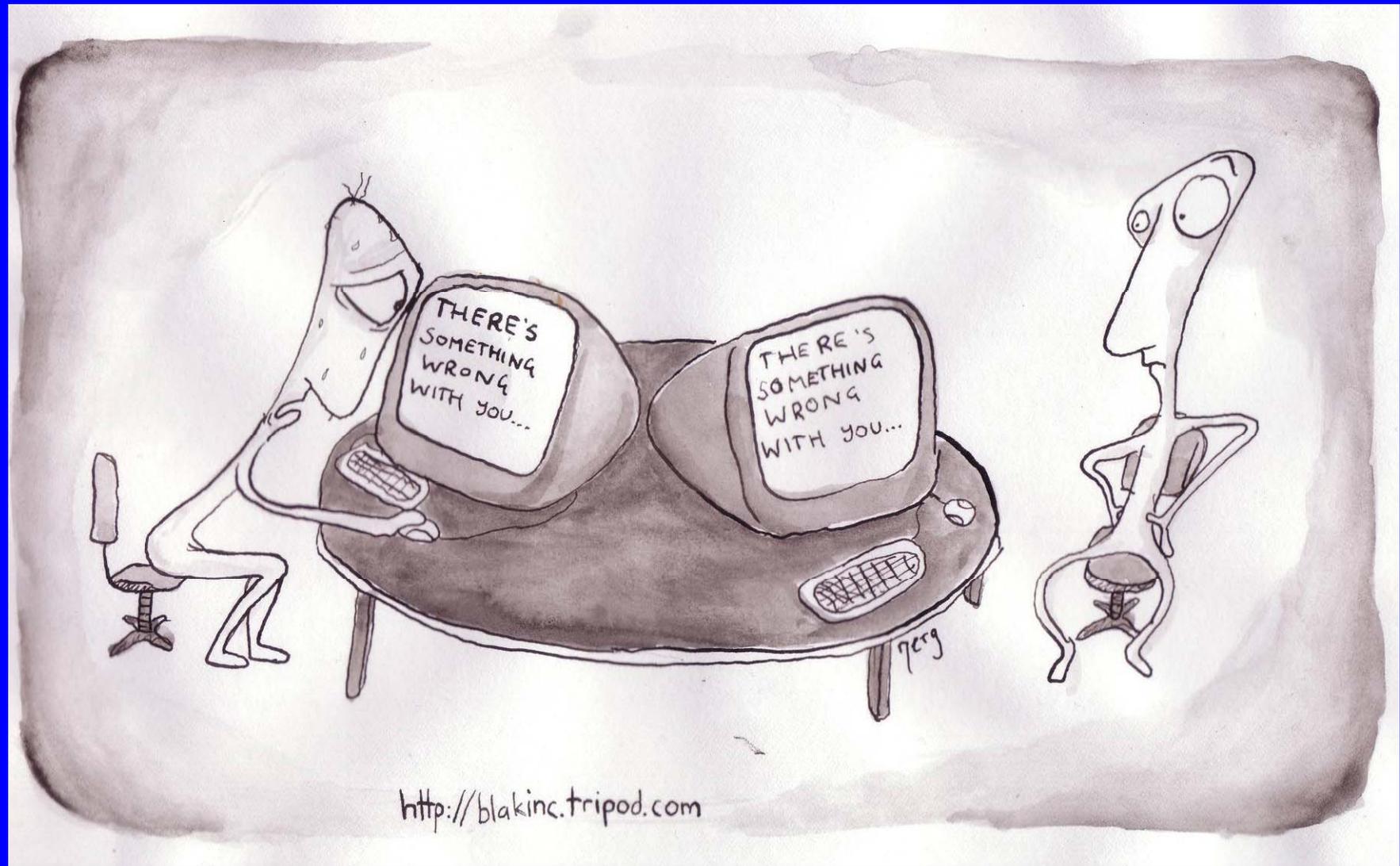
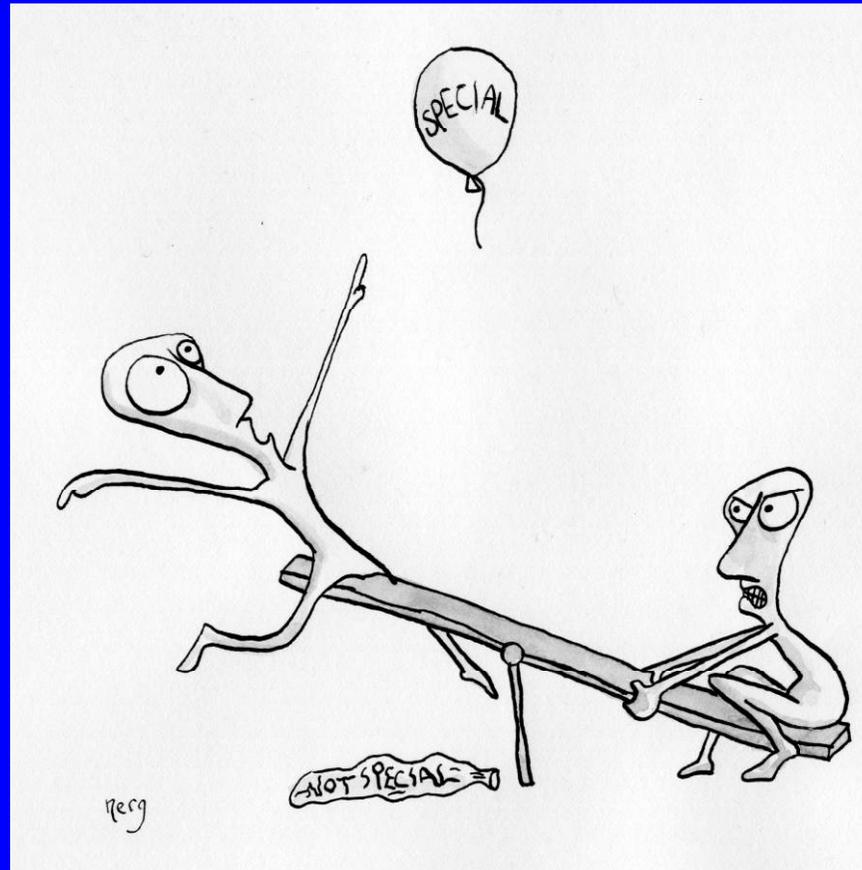


Self-as context



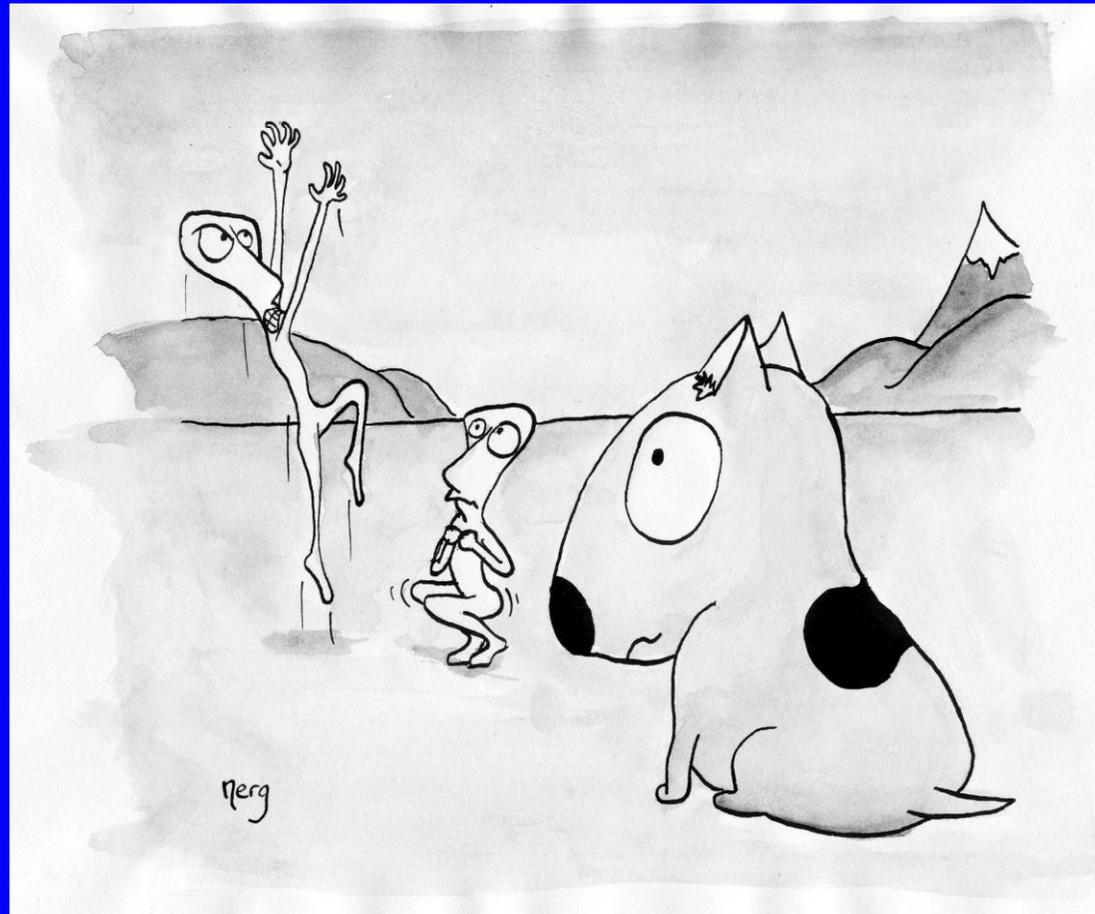


Struggling to feel special can hurt your relationships. As you struggle to be more special, you may make others feel less special.

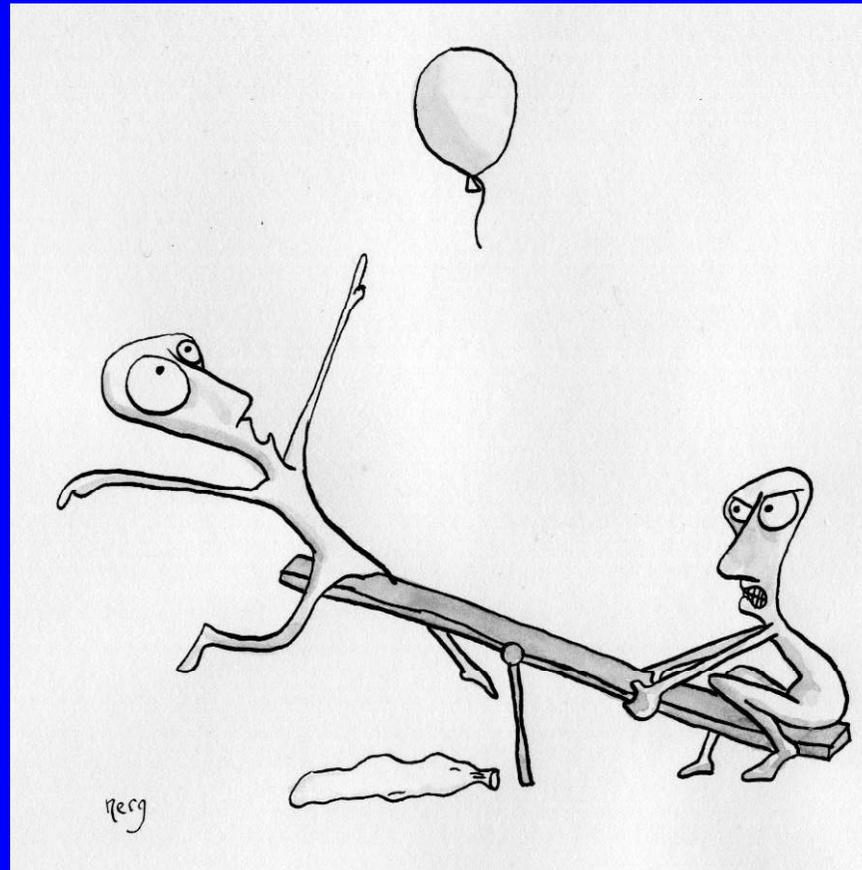


The struggle is an illusion. A nonverbal animal (e.g., a dog) would not be able to see the "special" evaluation, or smell it, or taste it.

The dog would not know what all the fuss is about.



What positive evaluation do you pursue? (e.g., “special”, “strong”, “admirable,” “perfect”, “attractive.”). Write it in the balloons.

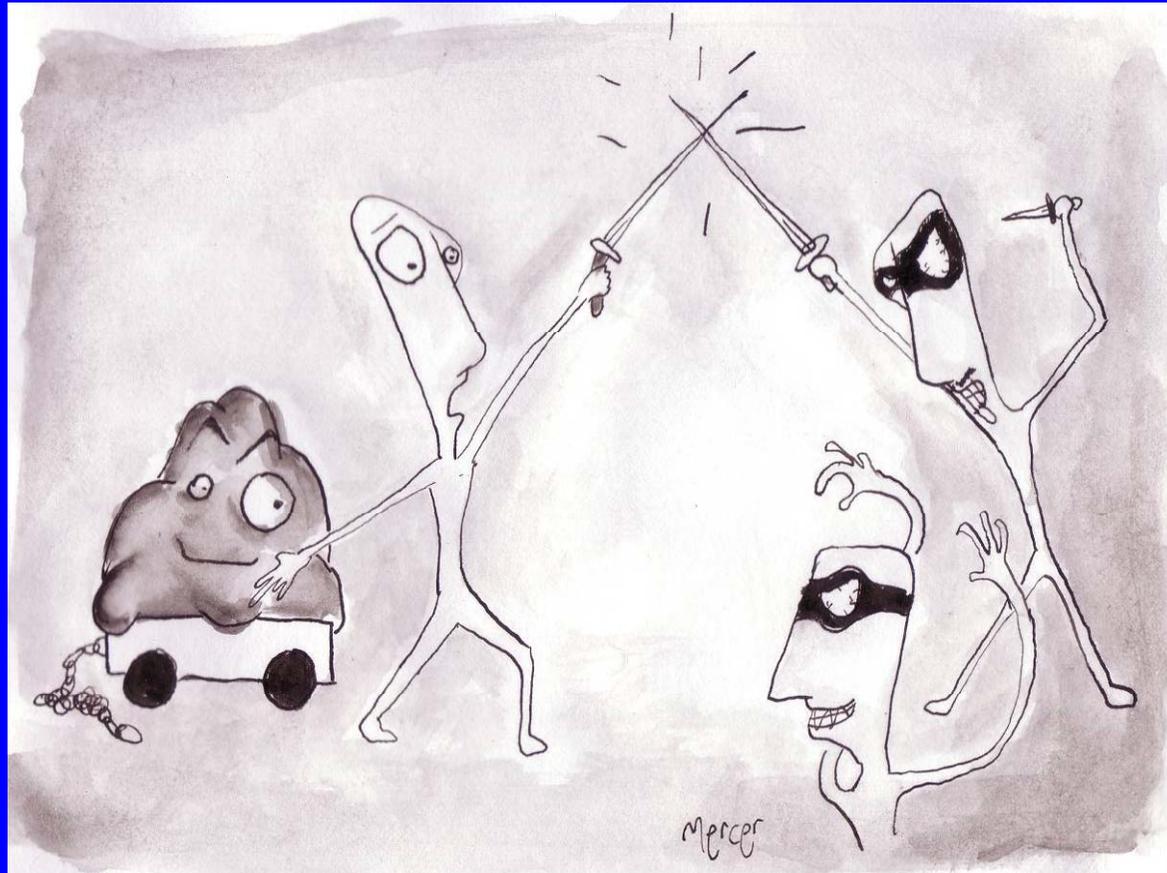




It may feel good to make positive evaluations of our entire self (e.g., I'm great, I'm perfect, I'm wonderful, I'm special, I'm impressive, I have unlimited power). We call our positive self-evaluation "self-esteem," and we think it a "thing" worth having.

Unfortunately, self-esteem has to be fed, which can take a lot of energy. We feed it by searching for evidence that we are wonderful and special. We feed it by convincing others that we are great.

So much work!. How much further would we go if we didn't have to feed our self-esteem?



We often believe our self-esteem is under attack. We defend it in response to someone putting us down. We believe it is damaged when we fail. So much time and energy can be spent trying to protect or fix self-esteem.

What if self-esteem is not real? What if it is just a concept? It is not there in the world. Therefore, it can not be attacked. It can not be damaged. You don't have to defend it or fix it.

Without self-esteem to slow you down, would you be more free to take risks in pursuit of your valued direction?

“I see myself.”

An example of fusion with a positive self-concept



