

POOR SELF-IMAGE BEHAVIOUR

Each of us must work continually on maintaining our positive and healthy self-image. The following behaviour traits are evidence that there is room for improvement in our self image —

- * jealousy
- * negative talk about ourselves
- * experiencing guilt
- * failure to give compliments
- * non-acceptance of compliments
- * not taking our own needs into account
- * not asking for what we want
- * starving ourselves of luxuries unnecessarily
- * failure to give affection
- * inability to receive and enjoy affection
- * criticism of others
- * comparison of ourselves with others
- * constant poor health

Change is difficult. The action of a poor self-image is always to perpetuate itself. As we start out on the road to self-improvement, the tendency is to keep replaying the old patterns of blame, guilt and self denigration. Here are some suggestions for things that you can do to boost the way we feel about yourself —

- * **ACCEPT COMPLIMENTS** — always say thank you or words to that effect.
- * **GIVE COMPLIMENTS** — one of the easiest ways to feel good about ourselves is to recognise the beauty in others.
- * **ALWAYS SPEAK WELL OF YOURSELF** — If you have nothing good to say about yourself, keep your mouth shut!
- * **PRAISE YOURSELF** — when you do something right, give yourself a pat on the back. Acknowledge your value.
- * **SEPARATE YOUR BEHAVIOUR FROM YOURSELF** — realise that your behaviour is not connected to your self-worth. If you do something silly, like smash into another person's car, it doesn't make you a bad person. You simply made a mistake. (Love the sinner, hate the sin).
- * **TREAT YOUR BODY WELL** — it is the only one you have got. Everything we do affects everything else. Exercise and nourish it well.
- * **LET PEOPLE KNOW HOW YOU EXPECT TO BE TREATED** — in particular, set an example by the way you treat yourself and them. Nobody should accept abuse from anybody!
- * **GET AROUND GOOD PEOPLE**
- * **WORK AT HAVING PLEASURE WITHOUT GUILT** * **USE AFFIRMATIONS**
- * **READ BOOKS WHICH GIVE YOU IDEAS AND INSPIRATION**
- * **ALWAYS PICTURE IN YOUR MIND HOW YOU WANT TO BE, NOT HOW YOU ARE. YOU WILL THEN NECESSARILY GRAVITATE TOWARD YOUR DOMINANT THOUGHTS.**