LIFE HACKS

How to Practice Self Love when You Have Low Self Esteem

By bestfolkmedicine · 28/12/2020 · 2 min read



The truth is that the only way we can change is when we want to and when we're ready for it. But, when exactly does this moment come?

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To make sure this is a genuine, long-lasting, and better change, one has to feel worthy of the benefits. But, what about people with low self esteem?

The only way to create worth is through action and this can be challenging for the ones with low self esteem. But, they can also practice self love by working on improving the most important relationship in their lives-the one with themselves.

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What Is Self Esteem?

Self esteem is how we see ourselves and what we think of ourselves. This image is shaped throughout life experiences, but mostly in childhood.

When a child creates a strong self-esteem, feeling confident in their abilities and good in their own skin, they can do so much better.

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On the other hand, a person with low self-esteem which is characterized by low self-confidence and constant judgment don't have it easy in life.

Without doubt, every person feels insecurity from time to time, but generally low self esteem is a daily problem.

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How to Practice Self Love with a Low Self Esteem?

Self-esteem is a perception-it's how we see ourselves-good or bad, worthy or unworthy. It's how we judge our values.

On the other hand, self love is a relationship. This is something we build and how we relate to ourselves.

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If you tend to think of yourself in a loving manner, your view for yourself will better consequently.

Here's how to start the journey of self-love.

Imagine you're in a room with a person you dislike-one you've had a bad relationship with for so long.

If someone were to ask you if you love this person, it probably won't have any effect.

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But, what if we told you to try and find compassion for this person-to see them fully and to acknowledge we all have flaws and that imperfection is our characteristics?

And, over time, try to become more and more accepting of this individual. Don't feel pressure to love them, but just be kind to them, more tolerant, and more caring. Try to build a bridge between you. Realize not that they're bad or good, but that they, like all other people, deserve forgiveness.

This story teaches us about the path of self-love-that it begins with acceptance and that it requires a lot of kindnesses and compassion. Over time, this self-love grows and you become more understanding and loving of yourself.

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Sources:

GOAL CAST

DR LAWRENCE TUCKER

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