

Self Talk

Getting people to love you means loving yourself first. You have many positive qualities, but it's not always easy to see them in yourself. Positive reinforcement is a valuable tool in improving your self-esteem and the easiest way to do this is through self-talk.

Self-talk is basically a little voice inside your head that keeps a running commentary on everything you do. The voice should be telling you that you're doing a good job, you look great, and that you're smart, friendly and likeable. If you suffer from low self-esteem that little voice is likely a critical one, reminding you of all the reasons that you fail. Low self-esteem can leave you feeling inferior to many people, in many ways.

It's important that you realize that the critical, nagging voice is wrong. You already possess everything you need to become a confident person and lead a fulfilling life. The trick is telling yourself over and over until you realize that it is true. This is one of the hardest things for people with low self-esteem to believe, but it is true. Tell yourself you'll get what you deserve, and you will get it.

Self-talk determines how you act toward others and how they, in turn, will react to you. If you tell yourself that you're truly confident, you'll act in a way that inspires trust in other people. On the other hand, self-talk that convinces you of uncertainty and a lack of confidence will cause you to act in a way that will create doubt in others.

It can be hard to face the little voice in your head, but you need to do it in order to break the vicious cycle. Hear the negative messages, and react to them by reinforcing your own positive messages. Positive self-talk is the first and most important step in improving your own self-esteem.

If you need extra help, or want to learn more about positive self-talk, there are many self-improvement books, videos and CDs available to you. Self-improvement groups and seminars are also great ways to get the information you need. Look online and in bookstores for available resources.

If you try self-improvement methods without success, you should consider speaking with a professional counselor or therapist who is an expert in self-esteem improvement. Combining the strength of personal counseling with the added reinforcement of self-help tools can only improve your chances of success.

Your time is valuable, and so are you. Don't waste another minute listening to the nagging voice in your head. Tell yourself you're better than that, and get ready to start living the life you deserve.