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12 Steps to Raise Your Self Esteem and Be a Better Person 1. Pay attention to how you talk to yourself.. Do you have any idea how many negative thoughts go through your mind... 2. Don't compare yourself to others. But if you do, compare yourself to people who are not as lucky as you are.. If you... ...

12 Steps to Raise Your Self Esteem and Be a Better Person

If you're making decisions based on getting approval from friends and relatives, you aren't being true to yourself and your self-esteem is lowered. Step Twelve: Take action! You won't develop high self-esteem if you sit on the sidelines and back away from challenges.

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Self Esteem Secrets 12 Steps To Success By Karl Perera

12 Step programs are an excellent tool to build self-esteem. Non-addicts can substitute low self-esteem as the problem they wish to eradicate and use the self-improvement steps to raise their self-worth. At the same time they will reduce their egos. This will make them feel better by replacing an over-inflated idea of their own self-importance with humility.

12 Step programs as Self-esteem engines - Vince Hawkins

The 12-Step programs work because they are designed to deflate the ego while suggesting steps to help rebuild self-esteem. Bill Wilson and Dr. Bob Smith, co-founders of AA, knew that deflating the massive ego of the alcoholic had to be a fundamental objective of the program.

Deflating the Ego And Embracing Self-Esteem and Responsibility

Low self-esteem predisposes to mental disorder, which in turn knocks self-esteem. But low self-esteem can also be a symptom of mental disorder, leading to a chicken-and-egg situation.