Accurate Self Appraisal

People with low self-esteem do not see themselves clearly. They often magnify their defects and minimize their assets. The end result of this kind of thinking is a strong sense of feeling inadequate. It is especially important that relapse prone individual's develop an accurate self-concept. In order to raise self-esteem it is absolutely necessary to throw away the old warped way of seeing self and learn to accurately perceive your particular balance of strengths and weakness.

The first step in accurate self-assessment is to write down in as much detail as possible how you see yourself at the present time. This should include:

1. Physical appearance.
2. How you relate to others.
3. Personality.
4. How other peers see you.
5. Accessing resources to meet living needs.
6. Coping with daily tasks of life.
7. Mental/emotional functioning.
8. Relationships/Sexuality.

Include all strengths as well as weaknesses. It is of vital importance to make a commitment to accuracy. The truth will set you free!

The following is an example taken from a well-written self-appraisal:
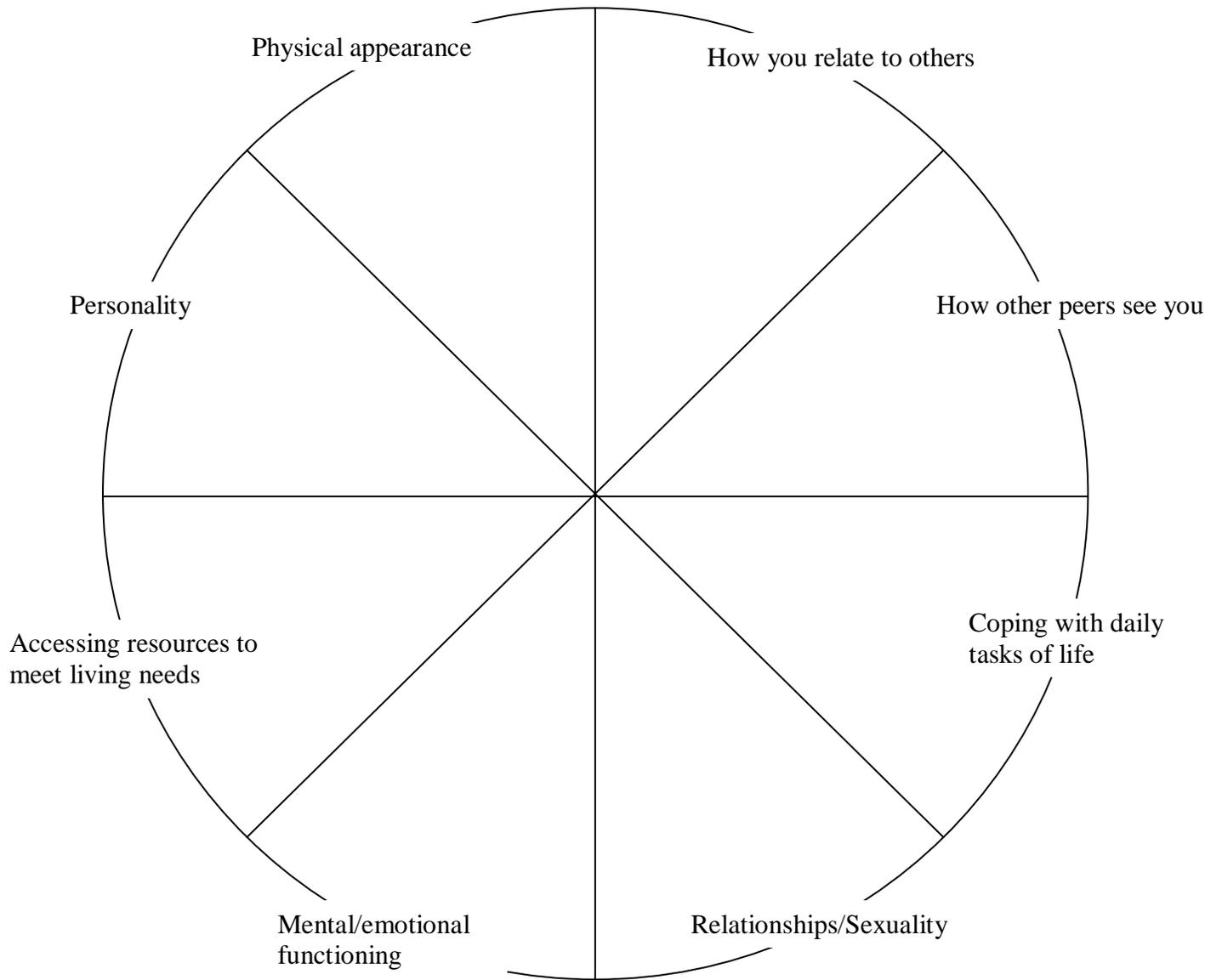
> I am five foot five, 130 pounds with large blue eyes, a proportionately too large nose, full lips, prominent front teeth, blonde hair and a youthful complexion.
>
> I'm an extremely responsible person. I have a quick, perceptive sense of humor that people really appreciate. I make a real effort to be cheerful. I have a good relationship with my children, although I sometimes nag and hassle them to do their homework or their chores.

This example shows how you can write descriptions of the topics of both
1.) Physical appearance and
2.) How you relate to others.

Start by filling in the pie chart, below, with lists of words that come to mind. After making your list(s), write a complete sentence or paragraph using the words you brainstormed.

Physical appearance

How you relate to others

Personality

How other peers see you

Accessing resources to
meet living needs

Coping with daily
tasks of life

Mental/emotional
functioning

Relationships/Sexuality

Summary:

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