

Self Esteem (Value)

What is it?

*From **Facing Codependence** by Pia Mellody, Andrea Miller, & J. Keith Miller*

- Healthy self-esteem is the internal experience of one's own preciousness and value as a person
 - Comes from inside
 - Moves outward into relationships
 - Doesn't change based on behavior or surroundings

What is the issue?

*From **Facing Codependence** by Pia Mellody, Andrea Miller, & J. Keith Miller*

- Codependents have difficulty with self-esteem at one or both extremes
 - Low self-esteem
 - I think I am worth less than others
 - I don't measure up
 - Arrogant
 - I think I am superior to others
 - I have learned to find faults in others, making them inferior to me
- Both of these types of self-esteem result in what is called "Other-Esteem"
 - I get my value (sense of worth) from external things
 - It is based on my "human doing" or in the opinions and behavior of other people
 - Some examples
 - How I look
 - How much money I make
 - What I know
 - What kind of car I drive
 - What kind of job I have
 - How well my children behave
 - How attractive or powerful my spouse is
 - How well I perform

What does it look like?

From ***Facing Codependence*** by Pia Mellody, Andrea Miller, & J. Keith Miller

- Healthy Self-Esteem
 - Self-Esteem, Reality (Value)
 - I am enough
 - I Matter
 - I am perfectly imperfect
 - Boundaries, Reality, Moderation (Power)
 - I have enough control
 - I can influence my environment
 - I am in control of myself
 - Self-Care (Abundance)
 - I have enough
 - I can survive
 - I have joy in my life
- Unhealthy Self-Esteem
 - Self-Esteem, Reality (Worthless)
 - Prestige
 - Other-esteem
 - I am never enough
 - Boundaries, Reality, Moderation (Helpless)
 - Power over others
 - Negative control
 - I never have enough control
 - Self-Care (Hopeless)
 - Money and possessions
 - Hoarding
 - I never have enough

Understanding the Drama Triangle

- The Drama Triangle (The 3 faces of victim)
 - Generates shame
 - through internal interaction or external communication keeps the shame messages going
 - Victim
 - A twisted version of the desire to be innocent and vulnerable
 - Comes from an unconscious need to feel important
 - Becoming helpless
 - Deny their problem-solving abilities and potential for self-generated value
 - Making themselves helpless becomes the primary way of avoiding failure
 - Comes across as less than
 - The Persecutor stage looks like resentment
 - The Rescuer stage is done from a less than position
 - Rescuer
 - A twisted version of the desire to nurture and protect
 - Comes from an unconscious need to feel important
 - Taking care of others is how the Rescuer connects or feels worth
 - Deny their needs
 - Often operates out of the desire to eventually be taken care of
 - Making themselves indispensable becomes a primary way of avoiding abandonment
 - Comes across as better than
 - The Victim stage looks like depression and martyrdom
 - The Persecutor stage look like withdrawing
 - Persecutor
 - A twisted version of the desire to protect and provide
 - Uses anger to hide their feelings of worthlessness
 - Comes from the unconscious need to feel important
 - Blaming others is how the Persecutor feels worth
 - Deny their weaknesses
 - Must be right
 - Making themselves right becomes the primary way of avoiding powerlessness
 - Comes across as better than
 - The Victim stage is used to blame other for the way they act
 - The Rescue stage is also painful and done in anger
 - Rescuer and Persecutor are opposite extremes of victim
 - All roles eventually lead back to victim
 - Many family's only communicate in this way
 - We all have a starting position
 - We can act out this drama triangle in our everyday relations
 - We can act out this drama triangle internally within our thoughts
 - We can trap ourselves with dishonest and dysfunctional internal dialogue

How do I get out of a drama triangle?

- Become Aware of the drama triangle
- Take responsibility for myself (own my reality)
 - Allow myself to have my feelings
 - Allow other to have their feelings
- Be willing to let go of the drama produced
 - Set boundaries

Alternative to the Drama Triangle

*From **The Power of TED** by David Emerald*

The Empowerment Dynamic

- Generates confidence
 - through internal interaction or external communication keeps the confidence messages going
- Creator
 - A healthy version of the victim
 - focuses on what inspires them
 - outcome-focused and passion-powered
 - generates forward energy
- Challenger
 - A healthy version of the persecutor
 - consciously builds others up
 - focuses on using the circumstances for growth and learning
- Coach
 - A healthy version of the rescuer
 - sees the internal creator in others
 - above all remains supportive and encouraging

How do I fix unhealthy self-esteem?

- Start with Reality
 - Learn what you are responsible for
 - Thoughts
 - Feelings
 - Choices
 - Limits
 - Behavior
- Contain your Reality with Boundaries
 - Where do my responsibilities end and someone else's start?
 - What limits do I want to place on my thoughts
- Understand your wants and needs with Self Care
 - Find out what my wants and needs are
 - Find out what wants and needs I want to share with others to allow them to meet those needs
- Set goals for moderation
 - Look at my Reality and value moderate responses
 - Give myself permission to miss the mark of moderation but ask myself "How do I want to do it different next time?"
- Look for feelings of self-worth and value generated by the previous steps
 - Validate what you have done and celebrate the little wins along with the big ones
 - Trust the process that as you work on yourself, you will begin to see yourself as more and more valuable