What to Do if You Feel Worthless

Feeling worthless can be deeply upsetting, impacting every aspect of your life, like your relationships, confidence, work, and happiness. There are many reasons a person may feel worthless. It may be thanks to past experiences, low mood, or something else.

Regardless of why you feel worthless, it is important to address it and do what you can to change that idea. Here are a few things to do to improve your mental health when you are feeling worthless.

## Acknowledge Your Feelings

Allow yourself a chance to explore your feelings without judgment. It is perfectly normal to experience negative thoughts or feelings from time to time. Acknowledge your feelings and know that they do not define you or your life.

## Challenge Negative Thoughts

Feeling worthless can become a mindset. When your thoughts are emphasizing your feelings of worthlessness, you will find it hard to overcome them. Work to become more aware of these negative thoughts and challenge them with more balanced, healthy perspectives. Remind yourself of all of your best traits, strengths, and accomplishments.

## Address Your Triggers

Are there certain thoughts, situations, or people that trigger or emphasize your feelings of worthlessness? Understanding your triggers allows you the chance to set boundaries, better prepare, and overcome them.

## Treat Yourself Like a Friend

Be kind and gentle with yourself. When your loved ones fail or make a mistake, do you berate them or do you practice compassion for them? You deserve that same loving treatment you give to your friends. Speak positively to yourself, learn from your mistakes and move forward, and practice self-care to show yourself love and kindness.

## Set Attainable Goals

Set small, obtainable goals. Every time you succeed in reaching these goals will lead to a heightened sense of self-worth and accomplishment. Keeping the goals small and attainable allows you to chase that feeling of accomplishment without excessive pressure. Simply break down your big goals, dreams, and passions into smaller, more achievable goals.

## Do Things That Bring You Feelings of Joy

Find activities and hobbies that bring you joy, fulfillment, and a sense of purpose. Whether it involves spending time in nature, arts and crafts, volunteering, or spending time with loved ones, prioritizing activities that leave you feeling joyful and fulfilled can be essential in building your self-worth.

## Give Affirmations a Try

[Positive affirmations](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4814782/) are research-backed ways of improving one’s confidence, self-worth, and quality of life. Take some time to speak positive, loving words to yourself every day.

## Talk to Someone

Social support can be critical in maintaining resilience against negative thoughts, stress, and feelings of worthlessness. Reach out to a trusted loved one for support as you navigate these difficult feelings. Their love and support can be crucial to helping you feel better.

## Seek Professional Help

One of the most important things you can do for yourself when feeling worthless is to seek the help of a mental health professional. Feelings of worthlessness, especially when paired with other symptoms like a low mood, lack of motivation, and social isolation, could indicate that something more serious is going on with your mental health, like depression.

If you are ready to seek professional help for your feelings of worthlessness, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today, and we will work to get you feeling happier and healthier.

**References**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4814782/>

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