

Card 10: Self-esteem and Self-confidence

Introduction

Self-confidence and self-esteem are important aspects to consider as a parent, even though they might not often be talked about. Your trust in yourself affects how you can handle different situations in life.

As a parent it is necessary to be able to trust your capability and the situation you are living in. It is also important to understand and value yourself as you are, apart from achievements and external factors.

Aim with this meetup

To know the difference between self-esteem and self-confidence.

Notice how they work together and affect you and your role as parent.

Reconnect to last meetup

What did you bring with you from last meetup?

Is there something you would like to discuss further?

What's the difference?

We can define the difference between self-esteem and self-confidence as a difference between being and doing. Both self-confidence and self-esteem are important in different ways.

Self-confidence: Appreciation for what you do, achieve. What you do affects how you get heard and seen. When we perform well it can in turn lead to better self-esteem as well. If your self-confidence becomes too big however it can also lead to blindness of one's own limitations. This lack of self-knowledge can in turn diminish self-esteem in the long run.

Self-esteem: Appreciation for what you are, without achieving anything particular. A good level of self-esteem means you feel safe and can trust your own judgement. For this to be possible you have to accept yourself and have self-respect. You have good knowledge of yourself, and see both your good and bad sides. With good self-esteem it's also easier to accept others' opinions even if they are different from your own.

Warm up — End the sentence with the first thing that springs to mind

- My self-confidence is...
- My self-esteem is...
- I feel like a good enough parent when...
- As a child I was appreciated for who I am when...
- As a child I was appreciated for what I did when...
- I think my children experience me as.... (related to self-confidence and self-esteem)

Discuss in the group or with your partner

Discussion 1:

In what way were you validated as a child?

Possible follow-ups:

- *Where you validated and appreciated in a positive or negative manner?*
- *Do you feel you were validated as how you truly were as a child?*

Discussion 2:

How does self-confidence affect my role as a parent?

How does self-esteem affect my role as a parent?

Possible follow-ups:

- *Who do you trust most of all?*
- *Who trusts you most of all?*

Discussion 3:

How can you strengthen your child's self-confidence and self-esteem?

How do you see your partners self-confidence and self-esteem?

Possible follow-ups:

- *How can you contribute to everyone feeling that they are OK as they are?*
- *How would you like to be seen by your partner?*

Possible homework:

Discuss the terms self-confidence and self-esteem with your partner.

- How do you see your partner in these terms and how does your partner see you?

Worth remembering

You cannot fully heal a lack of inner security and self-esteem from childhood through outer achievement. This is done through developing emotional security, understanding oneself and fostering good relations.

To sum up

Is there something you would like to discuss further?