



# Beat Low Self-Esteem With CBT (Teach Yourself)

By Christine Wilding, Stephen Palmer

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## Is this the right book for me?

*Beat Low Self-Esteem with CBT* will give you the skills you need to overcome a lack of self-esteem, making it easier for you to deal with tough times and leaving you a happier and more confident person. A complete program for changing your self-image, it takes you step-by-step through every aspect of confidence, with exercises to accompany each stage and short-term 'personal assignments' that will give you long-term benefits and lasting results.

## Beat Low Self-Esteem with CBT includes:

### Chapter 1: Great self-esteem: what is it?

What is self-esteem?  
Childhood origins  
Adulthood: time to tackle low self-esteem  
Introducing your Personal Fault Finder  
The importance of risk taking  
The consequences of low self-esteem  
Introducing self-acceptance  
Your personal view of yourself  
Goal setting

### Chapter 2: Thinking your way out of low self-esteem

Identifying the problem  
The different levels of thinking  
Beliefs versus facts  
Negative thoughts, assumptions and beliefs  
Rules for living  
The role of emotion in low self-esteem  
Self-defeating behaviour  
Replacing self-defeating thoughts  
Tackling negative beliefs

Bringing your positive qualities into focus

**Chapter 3: The perfection trap**

What is perfectionism?  
Challenging perfectionistic beliefs  
Developing healthier values

**Chapter 4: Defeat low self-esteem by developing self-acceptance**

Developing self-acceptance  
Healthy versus unhealthy self-acceptance

**Chapter 5: 'It's not my fault: life is against me'**

The low self-esteem victim  
Self-pity: blaming yourself rather than others  
Taking responsibility for your feelings  
Don't give up

**Chapter 6: Increase your self-esteem through assertiveness**

The role of assertiveness in good self-esteem  
Assertiveness skills  
The four behaviour types  
Behaving assertively  
Being assertive with yourself  
Your assertive rights **Chapter 7: Act your way to good self-esteem**  
'Faking' good self-esteem  
Master confident body language  
Cultivate a confident expression  
Develop a confident-sounding voice  
First impressions

**Chapter 8: Body image**

Is your body image a problem?  
How does poor body image affect you?  
Say 'Goodbye' to poor body image  
Making changes

**Chapter 9: Becoming an optimist**

Increasing optimism  
Positive thinking

**Chapter 10: Self-esteem and relationships**

Why low self-esteem blights relationships  
How to gain confidence in your relationship  
Using openness and honesty  
Surviving a break-up with your self-esteem intact

**Chapter 11: Developing emotional strength**

What is resilience?  
The characteristics of resilience

Develop emotional strength by improving resilience  
Sources of resilience  
Understanding resilience as a process  
Developing resilience

### **Chapter 12: Developing as a person to increase self-esteem**

The keys to the kingdom: your values  
Which values are important to you?  
Creating your personal plan  
Working on your values  
Tackling serious errors of judgement  
Deeply held negative feelings  
Feedback from others can be helpful  
Moving forward: your goal plan

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One, five and ten-minute introductions to key principles to get you started.

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## **Editorial Review**

### **Review**

*"If you have low self-esteem this will be money well spent"?***Amazon reviewer**

### **About the Author**

As a practising CBT therapist, Christine Wilding, (Chartered MCIPD, MBACP (Accred)), has worked with hundreds of clients suffering from mood disorders and self-esteem issues. Her skills also extend to coaching and she specialises in helping professionals to manage stress and improve communication.

Stephen Palmer is one of the most well-known experts on stress and self-esteem. A prolific author, he still practices, in addition to holding a number of academic positions and serving as founder-director of the Centre for Stress Management.

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