

Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



Self Worth:

Self-worth is the knowledge that **we are worthy of love and respect** despite anything that might be going on in our lives. Self-esteem is based on our **thoughts and feelings about ourselves**.

As humans, we often base our self-worth/self-esteem on:

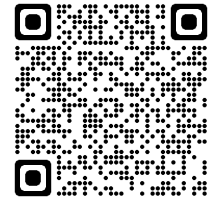
- How we look
- How much we weigh/the clothes size we wear
- How much money we have, or material possessions we own
- Who we socialise with/ the number of friends we have
- How many followers or ‘likes’ we get online
- Our grades or achievements
- Childhood experiences/how our parents talked to us

If you have high self-worth or high self-esteem, you are more likely to:

- Believe you are good, worthy, and lovable, regardless of what’s happening in your life
- Feel deserving of love and respect from others
- Love and accept yourself as you are now, with no conditions
- Treat yourself with care, kindness, and respect (known as self-compassion)
- Believe that you can grow, learn, change, and improve over time
- Understand that mistakes don’t affect your worth or ability to be loved

How can I build my self-worth and confidence?

- Practice being **kind to yourself** and talking to yourself in a **kind way**
- Write a list of things that you **like or love about yourself** and pin it somewhere you see it often
- Stop looking to others for approval- **you are enough just as you are!**
- Talk to your school/community Eye to Eye counsellor who can help you **work on how** you see yourself
- Surround yourself with people who **praise and accept you for who you are**
- Check out the ‘Helpful resources’ section to find techniques that **work for you**



www.eyetoeye.wales

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Childline

08000 1111

www.childline.org.uk (online chat)

The Mix

0808 808 4994

www.themix.org.uk (online chat)

Kooth

www.kooth.com

Helpful Resources

[Young Minds: Self-esteem and believing in yourself](#)

[Young Minds: Six ways to boost your self-esteem \(blog\)](#)

[YouTube: Struggling with self-worth](#)

[Very well mind: How to improve your Self-worth and why it’s important](#)



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