

Bringing good qualities into focus

Learning to acknowledge and value your good qualities involves three steps:

1. Recognising
2. Reliving
3. Recording

Step 1: Recognising (awareness)

A helpful starting point is to make a list of your qualities, talents, skills and strengths.

Take your list as far as you can, and when you feel you have come up with as many items as possible for the time being, stop. Put the list somewhere easily accessible — it may even be helpful to carry it with you. Over the next few days, even if you are not actually working on it, hold it at the back of your mind and add to it as things occur to you.

If your self-esteem has been low for some time, you will very probably have difficulty in identifying your strong points and qualities. There are some questions to help you get the ball rolling

- a) What do you like about yourself, however small and fleeting?
- b) What positive qualities do you possess?
- c) What have you achieved in your life, however small?
- d) What challenges have you faced?
- e) What gifts or talents do you have, however modest?
- f) What skills have you acquired?
- g) What do other people like or value in you?
- h) What qualities and actions that you value in others do you share?
- i) What aspects of yourself would you appreciate if they were aspects of another person?
- j) What small positives are you discounting?
- k) What are the bad things you are not?
- l) How might another person who cared about you describe you?