

2-5-15 Self Esteem

What to you is self esteem?

Class member: Not being able to be knocked down. To just stand up and go for it.

Class member: Perseverance

Class member: Confidence

Class member: Love for yourself.

When I say, "Do you love yourself?" Most of you say, "I have this weakness and this weakness, but I'm trying to love myself." When you blow it bad do you just say, "I know that doesn't work" and bounce back.

Class member: Being comfortable with who you are.

Class member: Not relying on others for validation, but you know your own worth.

Do you do that? If you have a really bad hair day do you go out and around with your head down? We say I don't care what other people think then you give a lousy Relief Society lesson. Do you really care? If you are a bit fluffy and say I really don't care? We say I'm not affected, but are you really not affected? These are just good questions to ask yourself.

"Having children does not make you a parent any more than having a piano makes you a pianist."

All these definitions that you gave are true. I want you to understand the number one factor in the development of self esteem in the child is the self esteem of the mother. That's not fair, but it is the way it is. A large portion of their self esteem will be formed before they are 8. We talk about the things we want to do to have our children have good self esteem. Typically it's in creating experiences for them.

I will put them in soccer at 3 so in high school they will be really good. I'm going to put them in dance, piano, football, etc so they will have a very good self esteem. OR maybe it would be better to say, "Have your spouses done that?" Before they go to kindergarten I want to be sure they can read and write and speak Spanish before they go to school so they will be successful. Is that wrong or is that right?

Class member: I think it depends on the child. My husband is ADD. It works well for him. My oldest is his little clone in every way. He struggles in school. My son will turn one in 2 weeks. He will notice the TV and watch it a little. My oldest until he was 3-4

the TV didn't even exist. He couldn't sit still. They want to hold him back in 1st grade. I don't think it is right for every child. My daughter is 3. She knows all her colors and numbers. She just gets it and it comes naturally to her.

That is exactly true. Children are all different. Some of them will be reading early. We didn't do that much with them. I'm not talking about the abilities of the child, but the intent of the heart for the parent. Is our intent that I will do it so you will be good when you get to first grade? I'm going to do it so you will look good? I want you to look good, but is that building self esteem. I'm doing that because I want you to feel good about yourself. Is that what builds self-esteem. What does build it?

Class member: It's more than that. I played sports growing up. I realize now I'm not playing sports as an adult. I look at why aren't people giving me praise for what I've done. I can play soccer well. I had to learn that a ton. I became a Mom very young just after we were married. It's really hard. That does not build self esteem.

It doesn't build lasting self-esteem. So many of us put our children into experiences to receive outward praise. The coach, teachers, others will say, "You are wonderful." Those that aren't naturally good worry about their self esteem. The reason I say this is because true self esteem is not external. It's internal...from the inside out. It's not about what the world tells them. That core needs to be dependent on what is inside of them. They are going to feel value because of who they are.

My daughter saw herself as "The volleyball player, the softball player, the EFY counselor, the missionary." Then she reaches a point where she is married and she says, "Who am I?"

The world says there is value in beauty, intellect, athletics, or money you are valuable. Those are what society says create value. Watch any commercial and you will see they are towards those 4 things. I want you to see how you play into that. You will say, "That's not what's important to me.", but is that the message that is getting to them. What you think and what they feel can be miles apart.

Example....You have 2 children. One has a great report card. You turn to them and say you did such a great job. Look at all those A's!!! Now look at Johnny sitting over here who is bringing home C's. What have you said to him? He's the smart one. You are not the smart one. You didn't say that, but that is what they heard.

Example...There is a really cute little girl in nursery. What happens if I say to her parents she is the cutest girl. Is that fair? I have another little boy that comes in. The

mom is a poor single Mom. He comes in with shaggy hair and a yucky nose. If I treat them at all differently what does it say to them? It is subconscious. If you are not conscious of doing it you will do it.

One class we had is Praise & Encouragement. You say positives to your children so they can get in. The key is to figure out how to say it right and how to know what self esteem is so you can build it in them individually.

Letter written to me a long time ago....(think about your children and what you think they need. Most of you will say they need more discipline.) I have 3 sons 14, 12, 7 and a 12 yo daughter. The oldest and the youngest are at each other's throats. They are complaining and whining. There is chaos, rudeness and slamming doors all the time. I thought the answers had to do with discipline. I found the answer was to love more efficiently. My feelings as a mother, taxi driver, house cleaner, were pouring over onto my children. I took the month of February to make each of them feel loved individually. I gave them each a few minutes after school individually. I did "Top Chef". I assist them in cooking. I have a mini date with each one of them...took them to the store, walked around the block. (These are mini moments...one on one. It shouldn't require you extra time, just extra thought.) My biggest problem was my biggest son. I took him out to lunch in the middle of the week. We have weekly lunch dates. He thinks he is the only one that gets this privilege. They do what is asked on the first time asked. The bickering has come to a halt. They share their day more openly. We have been playing games together. The attitude is caring and respect. Changing my attitude and how I ac with my children has changed.

I did many things wrong raising my children. However, all of my children think they are the favorite. They play a relentless game of trying to back me into the corner to say they are my favorite. They each think they are the favorite. They want to be able to say, "I told you so."

Class member: What if you take one child out to eat do you say, "Don't tell the other kids we are doing this?"

When you take one to lunch and then the other one you don't need to tell them anything. When they see you doing it they know their time is coming.

I love Christmas. Cory gave me a pre-lit Christmas tree. I will come set it up every year for you. "Now am I your favorite? See I'm Mom's favorite because I gave her a tree?" It takes time. You just want them to feel it.

Class member: I don't think it's necessarily the act of taking them out to lunch. I think it's a bond you are creating with your child individually. I have started reading individually to my red child in bed by themselves.

Some are really hard to like...you love them, but you don't always like them.

Read quarterly at least...maybe weekly. The Book of Ezra.... "[Beware of Pride](#)" The reason I say this is the best talk on self esteem is because pride is what's in place if you have a low self esteem or no self esteem. As you read this talk you will see what happens when you are in pride. When you look for those things you will know if you or your child has a low self esteem. I believe that self esteem is a life long process. I don't think you shine in a student play and have self esteem the rest of your life. You want the core of self esteem. If you shine you don't think you are better than anyone else. If you fail you don't think you are worse than anyone else.

[Raising Resilient Children](#) is a fabulous foundation for self esteem.

"Pride is a sin that can readily be seen in others but is rarely admitted in ourselves."

"It is manifest in so many ways, such as faultfinding, gossiping, backbiting, murmuring, living beyond our means, envying, coveting, withholding gratitude and praise that might lift another, and being unforgiving and jealous."

"If we love God, do His will, and fear His judgment more than men's, we will have self-esteem."

Whose opinion do you worry about most.

"Selfishness is one of the more common faces of pride. "How everything affects me" is the center of all that matters—self-conceit, self-pity, worldly self-fulfillment, self-gratification, and self-seeking."

Mothers give all the time. He said what this means in selfishness is 'How does everything affect me.'

Example...My husband says, "Will you fix me breakfast?" while I am trying to get ready to come to class. Pride is that attitude of 'you are sitting there. I'm trying to get ready for my class.' What was my first reaction? My first thing was 'How does it affect me?'

It wasn't how can I make it happen first it was what is the cost to me. What is your reaction? Pride is a lack of self-esteem.

Definition of self esteem... "If we love God, do His will, and fear His judgment more than men's, we will have self-esteem."

Think about...if you really loved God, sought to do his will, believed his word more than men would you know...not say, but know I am divine! If you really knew him would you know you are his daughter? Would you know he loves you in spite of mistakes?

It isn't to be the best basketball/football player, it's to know who you are. That's the core!

"Pride is ugly. It says, "If you succeed, I am a failure."

You are always in comparison with someone else. It doesn't matter how much you have if someone else has more than you.

Homework: Study talk on Pride....Be honest when you study this. Do you see these in yourself? Do you see these in your home?

When you justify doesn't mean you aren't doing it. (Gossiping—talking about someone)

Class member: I had an experience a couple months ago. One of my sons is 13. He said one of his friends tried to commit suicide. He was telling me "I just wish he knew how much Heavenly Father loved him because he would never have done that." The mother said I'm so glad to know that he is a child of God. My son understood that he and his friend were valuable because he was a child of God.

Pride comes from the top looking down AND the bottom looking up (self pity, feeling sorry for yourself).

In the syllabus...chart...self esteem chart. Bottom of middle one says, "You don't care about what other people think...you don't care about their opinion very much."

A sizable portion of a child's self esteem is based on the mother at young ages. As they get older it's affected by the Dad's relationship (in teen years and after junior high). Very important powerful influence. Dad's become critical in children learning their gender identity. It is critical that they have a good relationship with their Dad.

As my daughter (that lost her husband) went online and was studying. It said that a girl whose father passes away when she is young is 6x more likely to get pregnant.

You can love your children intensely. You can tell them. BUT it's not as important to the child is that they FEEL you love them. You can have children that can say to you "I know you love me because I'm your child. I know I'm important. I know you aren't proud of me and I know I've let you down and I haven't turned out the way I should be." The child reads that you don't think I'm succeeding and valuable. We have to bridge that. They can't be getting that message from us and build a solid self esteem for them. We have to be sure we are sending the right messages.

8 Needs a Child Needs Filled to Feel Wanted/Needed/Acceptable....

Dr. Paul Robison (Professor at BYU-Provo) He had over 200 foster children pass through his home. He was a social worker. What needs had to be met to be feeling good about being in our home.

1. They need a happy recognition in their coming and going.
 - a. Be at the crossroads and touch and smile. Don't be there with a lecture.
2. Small talk
 - a. We need to just chat with our children. Not just logistics and commands.
3. Positive Comments/ [Encouragement](#)
4. Need family identity.
 - a. Need to know where they came from. What principle of the gospel is that on? Eternal families...the plan of salvation. When they get the testimony of that it feels this need.
 - b. Religious training.
5. Exciting and fun activities at home.
 - a. You need to have fun experiences that make them want to be there.
 - b. Blues tend to be very solemn. Kids need to have fun. The gospel should be fun. Have joy and excitement
 - c. Class member: My kids have fun together, but I need to be involved in that. We all just went out and played soccer together even parents. My kids were just lighting up. I can provide a fun activity for them to do, but I need to do it with them.
 - d. If you aren't there you aren't in the memory. You have to be there and be in the memory of having fun.
6. Expand memories
7. Consequences & Consistency—Discipline—you can make or break them.
 - a. "We can force our children to hell, but we can't force them to heaven."
8. They need to have good boy/girl experiences.

These are the 4 legs of building good self esteem. These are feelings that need to be met for a child to have good self esteem.

1. The sense of identification.
 - a. Who they are? They learn divine gifts, learn weaknesses so they can become better. This is loving yourself. I'm ok and Heavenly Father loves me just as I am. Most of you have trouble with that. You live on the grounds of I'm working on it. I hope I'm getting them. You need to work on the ground of "I'm worthy, but right now Heavenly Father loves me with flaws with cracks with mistakes. He loves me. He will help me get through that."
2. The sense of belonging.
 - a. They contribute something unique and specific in your unit
 - b. These translate into any group you are in (primary class, YW)
3. The sense of being worthy.
 - a. This is part of being accepted by other people.
4. The sense of control.
 - a. It's important that our children feel like they are in control of their lives and have power to make good decisions.

Class member: I have a daughter who is red and wants control and wants to be in charge of herself. I have given her choices, but she doesn't want those choices. It's not working. She can't have control because she is only 8.

We will talk about power strugglers. We will talk about that next week. If I say control, does that say you turn over absolute control of their lives at 8? You give them acceptable choice. ACCEPTABLE.

Class member: Now she is feeling like no one loves her. I'm going to someone else's home.

She is into revenge. I'm going to hurt you. This week stop worrying about that. She is controlling you because you are willing to put your emotions and she is buying it. You can control you, but you really can't control her. We are going to teach you how to not do that. This week, do these things. Work on her self esteem. Red's feel like their value lies in their control. Their value really lies in being divine! We need to teach her a different value system.

HOMEWORK: These are the 4 needs. All of you said you understood them very well. You are going to go over the next 10 things and next to each one you are going to write

which one of those steps it is. Your homework is to learn how to implement those 4 steps.

We are now talking about PRACTICES!!! They are true, but not doctrine.

1. You have to examine your own self esteem. You think you feel good about yourself and you may. Look at it for real. How are you living it? You may say "I'm ok", but when your children come in you say, "I wish I could cook better." What are you saying to children. "I can't go for a walk, I'm not very fit." What are you saying? The messages we send say, "I don't feel good about myself." Look at the talk on Pride and see if you are guilty of the attributes of pride. That is a lack of self esteem. I will be really surprised if anyone comes back and says I have great self esteem. This is just look to see where you are. How do you accept a compliment? Do you just say, "Thanks!" Can you accept a compliment graciously and fill your bucket? Part of it is how it was given. Do you feel like it's vanity if you say, "I feel like that was a good lesson."? Most of you feel that way. When you are raised with guilt and criticism you have a difficult time accepting affirmations. You have to learn how to accept them. You have to teach your children to give and accept them.
 - a. This first page is an evaluation of where your self esteem is. Are you open to criticism and do you accept it? Do you get defensive? Do we justify what we have been doing? Most of us do not accept it well, but we expect our children to.
2. Help children discover who they really are.
 - a. Look at your children individually and decide what you think their spiritual gifts are. No spiritual gift comes full blown. It comes as a seed and as you are taught it comes easier to you than a sibling that has that gift. You still have to develop it. Be careful because spiritual gifts are multiple...being kind, saying good prayers, etc...they are not just the showy things. Look at their gifts
 - b. Class member: I attended a class about weaknesses in a conference. Both of them said for every weakness there is a spiritual gift. You can't decide what your weakness is because you will make it bigger than expected. Ether 12 and I will show you your weakness. Both of them 2 different weekends went into the enabling power of the Atonement. With this I have just felt that I really need to humble myself and say, "Show me my weaknesses and then enable me." I'm asking that I can see my weakness instead of my child's weakness.
 - c. Things to have in your child's room...self, temple, Savior, mirror, and them in their family. It helps them be comfortable with themselves.

- d. 120 identifiable talents people have...in the Reader's Digest. The article went on to say you would be a genius in several of them and you would be a moron in several of them.
 - e. HOMEWORK: Figure out which area you are a genius in.
- 3. Identify where they came from.
 - a. Have them get on Family Search and enter a story about an ancestor.
- 4. Fall in love with your children individually.
 - a. Fall in love with all of them individually. They are not a herd of sheep, but we treat them that way. They feel like they are part of this mass. They have to feel individual.
- 5. Give affirmations.
 - a. Positives.
 - b. List of ideas and how to do it in the syllabus.
- 6. Positive Discipline
 - a. Next week
- 7. Eliminate self gratification.
 - a. Help them do hard things. Go to scouts when they don't want to. Helping them do personal progress when they don't want to do it. Helping them get their Eagle Scout even when they want to be done with it.
 - b. They need to see them through. A mission is hard work. Too many of our missionaries are coming home because it's too hard. Marriage is hard work even if you marry the right person in the right place at the right time. Too many people end it with divorce because it's too hard.
 - c. They have to stop saying "Is it fun? Do I want to?"
- 8. Bond together as a family.
 - a. Turn off he cell phones, Ipad, Computer games,
 - b. They need to dock their phones. Family needs to bond with family. They have invited all of their friends into your living room.
 - c. They all go to their individual rooms and they still aren't bonding. We are all going to study at our dining table.
 - d. Some homes are so big that you can live in the same home, but never see each other. Mom sees the results of having them there by doing laundry. You have to bond together as a family.
- 9. Eliminate [competition](#).
- 10. Teach them to [serve](#) one another.
 - a. You will never have good self esteem and remain selfish. The only way to get over being selfish is to serve others. Give up something you want and give it to someone else.
 - b. You have heard it over and over in General Conference. That is the only way you can conquer your own soul.

[40 Random Acts of Kindness](#)—List of kind things to do. Do it as a family project. Involve your children. They are extremely simple. They help you think out of yourself.

[A record sheet of your “Acts of Service”](#). Make this for everyone of your children that can write. Have them keep track of their random acts of service. What’s the point? It keeps it in the front of your mind to reach out to other people in small and simple ways. That is the beginning of forming small habits. This is a small way to change the way we think. Present this to your family and have them keep track. Your responsibility is to follow up. If this is a year project you need to be checking up.

Class member: Our primary a couple of years ago gave each of our children a heart and leave the heart there. Pretty soon you didn’t know who did what there. There was so much more love in our home. You can do it with the toddler. It was a sweet experience for us in our home. They loved doing something kind for someone else.

HOMEWORK:

- Make each child feel like the favorite
- Go over the 4 steps
- Read “[Beware of Pride](#)”
- Print “[Acts of Service](#)” and “[40 Random Acts of Kindness](#)”
- Figure out which ‘area’ you are a genius in
- Study your patriarchal blessing. Make a list of anything that describes who you are or your talents. Your promises. Most of you will write down your lineage and most of you will be from the tribe of Ephraim. I want you not to just put down tribe of Ephraim. What are the blessings that come from being part of the tribe of Ephraim.
- Write down 5 things you really like about yourself.
- Write a statement... “I can _____” (teach). I can do that. I can be a good wife. I can do that. These are not your goals, but what you can do now. Positive statements. Say it every day. “I can _____!” Starting tomorrow morning every day. You need to form a validation statement for yourself.

Story: [Our Search for Happiness Ensign 2000](#) President James E. Faust

The story is told of Ali Hafed, a wealthy ancient Persian who owned much land and many productive fields, orchards, and gardens and had money out at interest. He had a lovely [family](#) and at first was contented because he was wealthy, and wealthy because he was contented.

An old priest came to Ali Hafed and told him that if he had a diamond the size of his thumb, he could purchase a dozen farms like his. Ali Hafed said, "Will you tell me where I can find diamonds?"

The priest told him, "If you will find a river that runs through white sands, between high mountains, in those white sands you will always find diamonds."

Said Ali Hafed, "I will go."

So he sold his farm, collected his money that was at interest, and left his family in the charge of a neighbor, and away he went in search of diamonds, traveling through many lands in Asia and Europe. After years of searching, his money was all spent, and he passed away in rags and wretchedness.

Meanwhile, the man who purchased Ali Hafed's farm one day led his camel out into the garden to drink, and as the animal put his nose into the shallow waters, the farmer noticed a curious flash of light in the white sands of the stream. Reaching in, he pulled out a black stone containing a strange eye of light. Not long after, the same old priest came to visit Ali Hafed's successor and found that in the black stone was a diamond. As they rushed out into the garden and stirred up the white sands with their fingers, they came up with many more beautiful, valuable gems. According to the story, this marked the discovery of the diamond mines of Golconda, the most valuable diamond mines in the history of the ancient world.

Had Ali Hafed remained at home and dug in his own cellar, or anywhere in his own fields, rather than traveling in strange lands where he eventually faced starvation and ruin, he would have had "acres of diamonds" (story paraphrased from Russell H. Conwell, *Acres of Diamonds* [1960], 10–14).

Sisters, your diamond is in your soul. Heavenly Father put it there. Each of you stop looking at other people and thinking that is the diamond. You already have your Acres of Diamonds. Don't sell your heritage short. Polish it and serve with it. That is where your self esteem is. It is already there!!! Don't go searching somewhere else or think you don't have it. Discover it!! Let it shine. In the name of Jesus Christ, Amen.