Coffee talk

Whats Your Tag?

Self-Image

A person's self-image is the mental picture about one's self based on some self characteristics (height, weight, personality type, IQ, etc), and also based on things learned about ourselves, either from personal experiences or from opinions of others.

Self-image is how you perceive yourself.

"What do you believe people think about you?"

Self-image may consist of three types of input:

how you see yourself.
how others see you.
how you think others see you.

All, some or none of these may be true.

Take The Test

How positive is your self-image? Answer these true or false statements and find out.

1. My glass is always half-empty, not half-full.
2. I'm always apologizing for things.
3. I'm always telling myself I "should" be doing this or that.
4. I constantly criticize myself.
5. What other people think about me dictates how I feel about myself.
6. I am critical of my mistakes and relive them over and over.
7. I always let the people who care about me down.
8. I feel like I have the weight of the world on my shoulders.
9. A partial failure is as bad as a complete failure.
10. I bend over backwards to please others.
11. I am not sure I have done a good job unless someone else points it out.
12. It's hard for me to forgive and forget.
13. I have to work harder than others for relationships and am afraid that the relationships I have will fail.
14. If I don't do as well as others, it means that I am not as good as them.
15. If I can't do something well, there is no point in doing it at all.

Results:

Give yourself 1 point for each question you answered with a "true".

0 - 4: You have a generally positive way of thinking and should feel good about yourself. Keep it up!

5 - 8: You may be struggling with some negative emotions. Take time to review your good qualities.

9 or more: You can be very critical of yourself. Challenge yourself to change your way of thinking!

[Source: www.mtstcil.org]

Poor self-mage can result because of a variety of reasons:

- ≅ accumulated criticisms
- ≅ victimization or abuse
- ≅ negative experiences, e.g. failures, crisis, breakup of relationships, etc.
- ≅ sense of helplessness, pessimism, negative thinking
- ≅ strong feelings of guilt, shame, self-blame

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Some Outcomes of a positive self-image:
- ✓ You are confident
- ✓ You take up challenges
- ✓ You can press through adversity
- ✓ You can recovery from failures
- ✓ People are likely to see you as a positive, capable person.

Practical things that you can do to develop a positive self-image
- ✓ Think positive about yourself. See your strengths.
- ✓ Aim for accomplishments rather than perfection.
- ✓ View mistakes as learning opportunities.
- ✓ Develop new skills.
- ✓ Set smaller goals.
- ✓ Be confident of your own ideas and opinions. Express them.
- ✓ Exercise.
- ✓ Spend time with positive people
- ✓ Empower someone else.

The most important thing you can do

Understand that God made you unique and wonderful
I thank you, High God--you're breathtaking! Body and soul, I am marvelously made! I worship in adoration--what a creation! (Psalm 139:14)

Let Christ transform you
Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (2 Corinthians 5:17)

Embrace your identity in Christ Jesus
that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus. (Philemon 1:6)

"Who you are in Christ, is who you really are"
Change your way of thinking to think from your identity, your potential, your position in Christ.

Live life inside out
There is much more "in you" than can be seen on the outside.
Christ is in you. His Word is in you. He empowers you from within.

...he who is in you is greater than he who is in the world. (1 John 4:4)
I can do all things through Christ who strengthens me. (Philippians 4:13)