

Topic - Session 06

Self-worth

Background information

An individual's sense of self-worth can be influenced by values, expectations, judgements of others or self-judgements when performing different roles (colleague, parents, partner, friend, team member).

Negative judgements and self-criticisms when experiencing failure can harm self-worth and lead to low confidence (especially if the self-criticism is internal and generalising, e.g. "I am a loser" instead of external and relating to the situation "it did not work out this time"). Positive judgements and experiences of self-efficacy facilitate a positive self-image and increase self-worth (for example "I have achieved this with my own capabilities and skills").

Being critical with oneself and having expectations that are impossible to achieve reduce self-worth (for example "I should really be able to do this").

The goal of this session is to collectively explore possibilities of regarding oneself in a fair way and practice a positive and compassionate relationship to oneself (as if talking to a friend or someone who is close). To achieve this, participants should become aware of internal judgement processes, and question negative self-talk. Self-regard and self-compassion should be consciously used to replace a negative, self-critical inner dialogue (e.g. "While it has not worked like I wanted, I now know that next time I have to be mindful of", "The situation is what it is. I do whatever is helpful in the moment and good for myself.")

Key questions

What is self-worth? What makes self-worth important?

Where do I establish or receive a sense of self-worth? (work, family, friends)

How do I judge myself? How do I judge others? Do I use the same measurement for me vs. others?

Am I compassionate and friendly with myself, can I take care of myself well?

Does bouldering affect my sense of self-worth? How?

Learning goals

Subjective judgements are not reality, but are based on individual assumptions and attitudes.

Teaching two conscious ways of increasing one's sense of self-worth:

Thinking – positively about oneself, not having hard judgements of others (a "fair" perspective) and

Behaving – being compassionate to oneself (self-care & compassion: What do I need now to feel well?)

Requirements: mindfulness, awareness of inner judgement/self-evaluation, awareness and acceptance of one's own capabilities (self-efficacy, self-efficacious acting).