



If you think you can, you're on the right track

How often do you approach a new challenge with a “can do” attitude? Often? Rarely? Never?

Here's a news flash: Thinking negatively often leads to failure. On the other hand, believing you can do something gives you a big advantage from the start.

Why don't people believe in themselves?

Low self-esteem is often the culprit — and it's not uncommon. Perhaps family or teachers were very critical of you as you were growing up. Maybe you've had personal and/or financial setbacks and disappointments. Any of these can damage your self-image.

Believing in yourself isn't a magic trick — it's a work in progress for everyone. If you want to dive deeper, talking with a counselor can help you learn more about the roots of your self-esteem and ways to boost it every day.

How can you start to believe in yourself?

Recovering from low self-esteem is a process — not an overnight makeover. Here are some strategies that can help:

1. When faced with a challenge, force yourself to stop thinking “I can't.” Instead, re-program and re-state your thoughts to be positive. It takes practice, but it can make all the difference in the outcome.
2. Remind yourself of past successes. Give yourself credit for big and little things that go right.
3. Ask for help if you need it. Have a new task and don't know how to handle it? Why guess? Instead, ask for help from a coworker (if it's a work assignment) or trusted friend. Give yourself every chance to succeed.

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