



Self esteem and body image

Self-esteem is central to good mental and physical health, while self-dislike degrades health and performance.

How we feel about ourselves crucially affects virtually every aspect of our experience- from the way we function at work, in love, in sex, how we operate as parents, to how high in life we are likely to rise. The dramas in our lives are reflections of our most private visions of our-selves. Self-esteem is the key to success or failure.

The self-esteem check-up

Rate from 0- 10 how much you agree with each of the following statements. 0 means you completely disbelieve it, 10 means, you think it is completely true.

Statement

- | | |
|---|-------|
| 1. I am a worthwhile person | _____ |
| 2. I am as valuable as a person as anyone else. | _____ |
| 3. I have the qualities I need to live well. | _____ |
| 4. When I look into my eyes in the mirror I have a pleasant feeling. | _____ |
| 5. I am happy to be me. | _____ |
| 6. I like myself, even when others reject me. | _____ |
| 7. I love and support myself regardless of what happens. | _____ |
| 8. I am generally satisfied with the way I am developing as a person. | _____ |
| 9. I respect myself. | _____ |
| 10. I'd rather be me than someone else. | _____ |

Did you score lots of low numbers? Are there areas that you feel need work? If the answer to these questions is yes- you may need body image counselling. See 'when negative body image becomes a problem' (below) for more information.

Along with my work as a personal trainer I also work with people who aren't yet ready or able to take-up some form of exercise/ eating plan, those who feel that even the thought of exercise is too much. Working together on the issues surrounding body image steps can be found to start a change. See ['Tried Every Diet'](#) and ['Counselling'](#) pages for further details or **contact Lesley** for more information.