

Self-Regard – build it and protect it

Instructions:

Two of me Exercise

High self-regard is unconditional acceptance of self, independent of anything ‘I am fundamentally OK and worthy’

To help separate yourself from your actions, think of separating yourself into two different people as demonstrated in the following activity:

Step 1: Imagine splitting yourself into two separate people:

- On the left is the person who you are. Here, you should list all the *qualities* you have that are not conditional. For example: I am flexible, trustworthy and am really good at understanding others.
- On the right, list what you do (eg, *achievements* and *abilities*). For example, I am a qualified engineer, I am a great tennis player.

Step 2: For the list of your qualities, feel free to ask friends, colleagues and loved ones to contribute. Do not stop compiling this list until you have at least 10 key qualities in the ‘Who I am’ column.

Who I am (self-esteem)	What I do (self-confidence)

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Step 3: Most of us are very modest about our qualities and strengths. The society we live in often encourages us to put ourselves down rather than praising ourselves. This step is designed to allow you the time and space to focus on your positive qualities. Design an advertisement for yourself that will sell you and your qualities as a person. Your advert can be a written description, a poem, a picture or anything you want it to be – as long as it specifically shows a number of your qualities (include a minimum of 5).

When you are happy with what you have created, spend 10 minutes presenting it out loud, either to some people you trust and value or, if you'd prefer, to an imaginary audience on your own.