



WHAT DO YOU BELIEVE ABOUT YOURSELF? – by Marney W. DeFoore, LCSW-S

Who is in charge of your life? What do you believe about yourself? Where did you learn to believe this? How is this belief working for or against you? Take a minute or two to examine just one of your beliefs. Here we go...

Ask yourself, “What do I truly believe about myself?” Or, “What is my opinion of me?” Take plenty of time here. If you don’t come up with something right away, don’t worry about it.

You can skip the rest of this article if what you believe about yourself is true, positive, complimentary, uplifting, encouraging, supportive, affirming, and validating. Are you still reading? This probably means that you are not too pleased with what you’ve learned. Ok, let’s move on to the next step.

It is time for a little research here. Think back to the time that you first began to believe this idea about yourself. Remember? Are you there? Do you remember the feelings that went along with that belief? How is this working? Are you still with me?

If you are uncomfortable with this exercise then you’ll appreciate this solution. Come back to the Adult you are today and from this position convince the Child inside you (the part of you where you still believe the old beliefs and still feel the old feelings) that you as an Adult are in charge in the Here-and-Now, and that yesterday is over!

Set out now to be your own cheerleader. Do you want to really drive this message home? Twice a day say aloud in the mirror, “My Adult opinion of me today is more important, carries more weight, and is more authoritative than the opinion of the Child I was yesterday.” Now! Who is in charge? Make this exercise a routine part of your daily inventory. Maintain ongoing happiness and fulfillment by taking time each day to examine what you believe and feel about yourself.

Marney W. DeFoore, LCSW-S is Licensed and Board Certified in clinical social work and supervision by the Texas State Board of Social Work Examiners.



Marney W. DeFoore, LCSW-S
San Antonio, Texas
Appointment line: (210) 883-7877