

## A Question of Esteem

Little drips of water over a very long period of time will wear away granite. Something that is more sure than water on granite, and far quicker in its process, are the voices in our head that mirror the words we received from our care givers as we grew up. Whatever they said about you, particularly the negatively charged emotional phrases when they were angry or mocking, resurface and repeat on a regular basis. Something may happen during the day, something remarkably insignificant, and you sense a growing anxiety, perhaps frustration, or get angry or into a rage very easily. You may find you are questioning who you are as a person, what you have to offer, and wondering how anyone could love and want you. These little messages which we dismiss mentally as small, irrelevant and to be ignored, undermine self-esteem and can leave us in an unproductive, grumpy, depressed place.

Recognise the voice that is undermining you, acknowledge it, and lovingly let it know that you no longer need that input. Treat the voice with the love you wish it gave you, and find your strength and courage to pick yourself up again. Smiling in recognition at the voice of negativity can open you up with warmth and love, and assist disarming the negativity more quickly. Friends who honestly know you may be able to support you in these moments, these internally generated episodes of fog.



*What childhood messages did you adopt?*

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### Abstract

*Our inner critic develops as a result of messages from primary caregivers. Loving and accepting the critic works to disarm it.*

### Keywords

Beliefs, childhood patterns, inner critic, negative messages, relationship with self

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***For more information related to themes in this article, refer to chapter 7 (Develop Self-Love) of: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.***

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