

# HOW DO I ACCEPT ME?

Notice when you're comparing yourself to others...often it's just an image they are portraying, not the reality

Don't dwell on the past or unhelpful thoughts.

Ask yourself what you really want.

Recognise your strengths and what makes you happy and content.

Accept your flaws.

Be brave - stand up for yourself if you can.

Use your voice to express yourself.

Do small things that make you feel good.

Be grateful - keep a daily journal of all the things you are thankful for.

Don't do things or act a certain way for anyone but yourself.

Aim to be the very best version of yourself.

WE ARE ALL DIFFERENT  
BUT THERE'S SOMETHING  
KIND OF FANTASTIC  
ABOUT THAT

Roald Dahl

# REMEMBER

You're not the only one

Thoughts are not facts

People who appear confident might not be

Be patient and kind to yourself – positively changing your brain structure isn't an overnight job.

You are the only expert on you – and that's powerful!

**You've got this!**



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THANKS A  
MILLION



We'd like to thank the **Scottish Government Social Isolation and Loneliness Fund** for making this factsheet possible.

BUT WHAT WILL  
PEOPLE THINK?

## INFORMATION ON SELF-ESTEEM FOR YOUNG PEOPLE

Worrying about what other people think is a natural and normal part of being human... we learn to do it as children so we can integrate into society.

**BUT** this constant worry isn't good for you and can stop you doing what you enjoy, being happy in your own skin, listening to your intuition and meeting new people.

It's important you listen to the people who really care about you and your future but don't let negative opinions get you down.

Sometimes people you love, who are supposed to love you, might not show it or be mean. Most people say things they regret at times so try not to take things too personally as it's often the other person's problem: people who are hurting often hurt other people. If this continues, though, set boundaries, seek out positive influences, don't be afraid to ask for support, and treat yourself kindly.

NO ONE CAN MAKE  
YOU FEEL INFERIOR  
WITHOUT YOUR CONSENT

Eleanor Roosevelt

WHAT OTHER PEOPLE  
THINK OF YOU IS NONE  
OF YOUR BUSINESS

Paulo Coelho

## HOW CAN I STOP OTHER PEOPLE'S IDEAS ABOUT ME?

You can't control other people's thoughts or actions so don't waste your time or energy on worrying about them. Instead, focus on what you do have the power to control:

- how you present yourself
- your actions
- your feelings
- your personality
- your smile
- your words
- your future

Calmly, ask yourself:

How can I know what's going on in someone else's head? Do I have evidence? Do I judge others as much as I think they judge me? In the bigger picture, does this matter?

### But I can't control how I look!

We are all beautiful and attractive in our own way, especially in personalities and inner strength. Imagine how boring the world would be if you were the same as everyone else!

Value and embrace your differences, your weirdness and when you're putting yourself down stop and ask: Would I speak to a friend like that?

Be your own best friend. Create your own definition of beauty. And remember your imperfections are lovely!

## CONFIDENCE HACKS

1. Act as if! Visualise being confident! Copy your confidence hero. Sit up straight, make eye contact, speak clearly, smile



### Power Pose!

Standing tall, strong and proud for just 2 mins every day boosts confidence and reduces stress!

2. Embrace your uniqueness; make a list of all your great qualities; say something nice to yourself
3. Do things you enjoy. It's okay to say 'no'
4. Notice exactly when worry sets in and ask 'why do I care?'

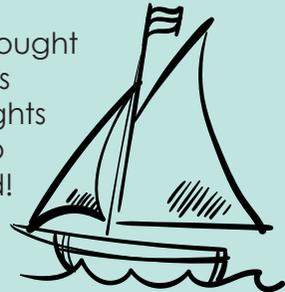
STOP LETTING PEOPLE WHO DO LITTLE FOR CONTROL YOUR MIND, FEELINGS AND EMOTIONS

Will Smith

5. Challenge that negative voice. Turn 'nobody likes me' into 'that's not true, I know people like me because....' Or change 'I'm useless' (or whatever you're thinking) to 'I'm okay' by finding evidence

### The Power of 3:

It takes one negative thought to stop you in your tracks and three positive thoughts to pull up that anchor to keep you sailing forward!



6. Break your goals down into manageable chunks and don't be afraid to ask for help
7. Look after and love yourself every day: meditate, exercise, eat well, sleep, enjoy the outdoors, be creative!

BE WHO YOU ARE AND SAY WHAT YOU MEAN BECAUSE THOSE WHO MIND DON'T MATTER AND THOSE WHO MATTER DON'T MIND

Dr Seuss