

Information Sheet - Institute of Welfare

Low Self-perception

What is self-perception ?

“An awareness of the characteristics that constitute one's self; self-knowledge.”
Oxford English Dictionary.

Cooley (1904) says “ the looking glass self “is:

- how we think we appear to others
- how we think they evaluate that appearance
- the resulting shame or pride we feel

Tyrrel (2001) goes on to emphasize that Real high self-esteem/perception consists of:

- An appreciation of what we can do
- An honest respect for our own abilities, potentials and value
- Knowing our strengths and trusting in them
- An appreciation and open acceptance of our limitations
- An acceptance of these limitations whilst understanding that some limitations can be overcome
- A freedom from over-concern with what we imagine others think of us whilst accepting these perceptions do play a part in everyday life but do not determine who we are
- Having a strong sense of who we are

What is “low self-perception”?

Characteristics of Genuinely Low Self-perception/Esteem

- Social withdrawal
- Anxiety and emotional turmoil
- Lack of social skills and self confidence. Depression and/or bouts of sadness
- Less social conformity
- Eating disorders
- Inability to accept compliments
- An Inability to see yourself 'squarely' - to be fair to yourself
- Accentuating the negative
- Exaggerated concern over what they imagine other people think
- Self neglect
- Treating yourself badly but not other people

- Worrying whether you have treated others badly
- Reluctance to take on challenges
- Reluctance to trust your own opinion
- Expect little out of life for yourself

Do you recognise yourself here? If so these websites and contacts may be helpful :

www.thesite.org/healthandwellbeing

www.bbc.co.uk/health/conditions/mental_health/emotion_esteem

www.selfesteem4women.com

www.mindtools.com/selfconf

www.businessballs.com

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