

Self-Image, Self Defense and Self-Reverence

Dr.RekhaJ. Nair

Principal Scientist, Demersal Fisheries Division, CMFRI

Email: rekha cmfri@gmail.com

Self-image -What is it????

Self-image is how you perceive yourself. Baumeister (1999) provides the following **self-concept** definition: "The individual's belief about himself or herself, including the person's attributes and who and what the **self** is". The **self-concept** is an important term for both social and humanistic **psychology**. It is a number of self-impressions that have built up over time: These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.



How do u explain it???????????????????? It is "who we think we are"; it is our self-concept. The self-image is the collection of traits which we recognize in the ego and our archetypal fields; for example, we might recognize ourselves as patient, bold, handsome, funny, talented, successful, etc.

Surprisingly, your self-image can be very different from how the world sees you. Some people who outwardly seem to have intelligence, looks, personal and financial success may have a bad self-image. Conversely, others who have had a very difficult life and multiple hardships may also have a very positive self-image. Some believe that a person's self-image is defined by events that affect him or her (doing well or not in school, work, or relationships.) Others believe that a person's self-image can help shape those events. But infact your self-image has a very strong impact on your happiness, and your outlook on life can affect those around you. If you project a positive self-image, people will be more likely to see you as a positive, capable person.



However, it's important that your self-image be both positive and realistic. Having a self-image that is unrealistic can be a drawback, whether that self-image is negative OR positive. Sometimes having an occasional negative thought or criticism about oneself can encourage change, hard work, growth and success. Sometimes having too positive an image of oneself can encourage complacency, underachievement, and arrogance. To balance between feeling positive about oneself but having realistic goals is important.

TRY AND TAKE THIS TEST TO SEE WERE YOU STAND!

How positive is your self-image? Say true or false and find out.

1. My glass is always half-empty, not half-full.
2. I'm always apologizing for things.
3. I'm always telling myself I "should" be doing this or that.
4. I constantly criticize myself.
5. What other people think about me dictates how I feel about myself.
6. I am critical of my mistakes and relive them over and over.
7. I always let the people who care about me down.
8. I feel like I have the weight of the world on my shoulders.
9. A partial failure is as bad as a complete failure.
10. I bend over backwards to please others.
11. I am not sure I have done a good job unless someone else points it out.
12. It's hard for me to forgive and forget.
13. I have to work harder than others for relationships and am afraid that the relationships I have will fail.
14. If I don't do as well as others, it means that I am not as good as them.
15. If I can't do something well, there is no point in doing it at all.

RESULTS:

Give yourself 1 point for each question you answered with a "true".

0 - 4: You have a generally positive way of thinking and should feel good about yourself. Keep it up!

5 - 8: You may be struggling with some negative emotions. Take time to review your good qualities.

9 or more: You can be very critical of yourself. Challenge yourself to change your way of thinking!

(Source: <http://www.mtstcil.org/skills>)

What can you do to improve your Self-Image?

- ✓ List things you like about yourself - include appearance, personality and skills
- ✓ Change negative thoughts to positive ones by focusing on the positive and forgetting the negative things that happen to you
- ✓ Remember compliments and note them down
- ✓ Question whether your view of yourself is accurate and why you see yourself like you do
- ✓ Make changes that will help you ;for example, clothes, appearance, hair style and behavior
- ✓ Accept things about yourself that are true and learn to think about them in a positive way
- ✓ Get exercise - you will look and feel better! more about psychological benefits of exercise
- ✓ Take yourself less seriously and lighten up!
- ✓ Accept criticism constructively so you can move forward and improve yourself
- ✓ Don't be limited by your internal image, step outside of it and break free, it doesn't have to control you or keep you down. Acting differently will change how

others respond towards you and will help change your attitude towards yourself and your abilities

- ✓ Take on challenges positively and surprise yourself!
- ✓ Read inspiring books about esteem - here's a selection of my favorites, they will help you so check them out now!

WORKSHEET: REMEMBER YOUR GOOD QUALITIES

I AM ...

- | | | |
|-----------------|------------------|-----------------|
| • Adaptable | • Generous | • Pleasant |
| • Adventurous | • Gentle | • Polite |
| • Affectionate | • Glad | • Positive |
| • Ambitious | • Good-natured | • Practical |
| • Artistic | • Happy | • Precise |
| • Assertive | • Helpful | • Progressive |
| • Broad-minded | • Honest | • Punctual |
| • Capable | • Hopeful | • Rational |
| • Caring | • Idealistic | • Realistic |
| • Charming | • Imaginative | • Reasonable |
| • Cheerful | • Independent | • Reflective |
| • Clear-headed | • Industrious | • Relaxed |
| • Clever | • Intelligent | • Reliable |
| • Compassionate | • Inventive | • Resourceful |
| • Competent | • Kind | • Responsible |
| • Confident | • Likable | • Robust |
| • Conscientious | • Logical | • Sexy |
| • Considerate | • Lovable | • Sincere |
| • Courageous | • Mature | • Sociable |
| • Creative | • Merry | • Spontaneous |
| • Dependable | • Modest | • Spunky |
| • Determined | • Natural | • Stable |
| • Devoted | • Neat | • Strong |
| • Dynamic | • Non-judgmental | • Tactful |
| • Easy-going | • Nurturing | • Talented |
| • Efficient | • Open-minded | • Tenacious |
| • Energetic | • Optimistic | • Thorough |
| • Enterprising | • Organized | • Tolerant |
| • Enthusiastic | • Original | • Trusting |
| • Fair | • Outgoing | • Trustworthy |
| • Faithful | • Patient | • Truthful |
| • Flexible | • Peaceful | • Understanding |
| • Friendly | • Persevering | • Unique |
| • Funny | • Persistent | • Versatile |

- Warm
- Witty
- Zany

These are qualities which are there in most of us and for us to look out for. Search for their meaning and remember they are in you. Surely this will help you raise your self esteem. No one can pull you down how much ever they speak bad about you !!!



Self-image is not permanently fixed. Part of our self-image is dynamic and changing. ... Self-image change occurs over a lifetime. A healthy self-image starts with learning to accept and love ourselves. It also means being accepted and loved by others

Self reverence

Reverence is "a feeling or attitude of deep respect tinged with awe; veneration

Self reverence -It all begins with looking in the mirror. Success in the public world goes hand-in-hand with success in your private life. Effective leadership flows from effectively leading yourself.

"Effective leadership flows from effectively leading yourself." -Thai Nguyen

Here are 7 effective strategies for cultivating the habit

1. Talk To Yourself

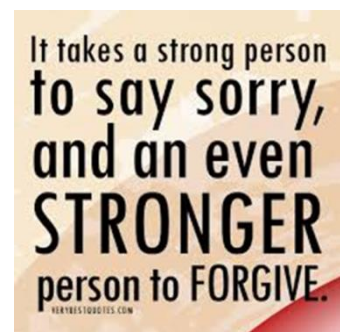
There's a voice inside your head, and that's completely normal. It's your internal dialogue, the inner commentary that strives to make sense of the world. You should become self-aware, self-reflective.

2. Make Peace With Your Past

Making peace with your past leaves your arms and heads free to take up a more objective approach to the present giving you a positive future. It's difficult to pick up anything new when your hands are full. Let go, forgive, and as humanly possible, to forget.

3. Play Devil's Advocate

A more critical mind will result in making better decisions. You'll be able to iron out any unreasonable biases that appear in your logic.



4. Keep A Journal

Laying out your thoughts and goals in writing is like drafting the blueprint for construction. Writing down your feeling and reconstructing it can draft your behaviour well.

5. Audit Yourself

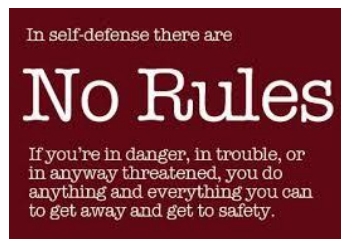
Have an honest assessment of your strengths and your weaknesses. That means dropping the pride and ego and owning up to your ugly parts. The first step to recovery is admitting you have a problem

A simple exercise is to make three columns: 1) My Strengths 2) My Weaknesses 3) My Goals. Your weakness should turn into strengths, and your strengths should go from good to great. Your goals should include specific 'Hows' and 'Whens' for your progress in each area. This is something you can include with your daily journaling.

What is Self-defense?:

Pragmatically the goal of self-defense is to avoid or deescalate the situation quickly and safely. Once you know what is and is not acceptable, you will have no problem taking precautions to protect not only your body, but also your state of mind. When faced with a self-defense situation, every person has to work through two facets: knowing your moral/ethical limits and threat assessment.

Awareness of the situation is very important. Awareness is the fundamental and absolutely indispensable key to any successful self-defense program. I believe that it easily accounts for 85% of a total self-defense paradigm. This means that if you're using your awareness to its full potential, you should be able to defend yourself from 85% of possible encounters. This type of defense is actually avoiding situations that are potentially harmful or recognizing threats at the earliest possible moment. Awareness is not just limited to the consciousness of your surroundings also called your situational awareness, although that is extremely important. It also refers to awareness of consequences, awareness of your opponent and awareness of yourself. You can see that while awareness does, indeed, involve an external set of loci, it also entails some introspection as well.



Why Is Confidence Important For Self-Defense?

To most people, the thought of being confronted or attacked is terrifying. That's healthy and normal but not necessarily your most desired response.

Fear and stress activate the "fight or flight response," which is the body's natural response to danger. A host of physiological and emotional events occur that create changes in your thinking and performance. These can be divided into three categories:



How do you do that? By developing confidence at a subconscious level so that your stress response is manageable and can actually enhance your performance in an emergency.

What Is Confidence?

Confidence is the degree of certainty we have in our ability to successfully achieve our goals AND our resiliency to withstand the threats, mistakes and challenges along the way.

In self-defense, confidence is the degree of trust that you have in your “LEGITIMATE” ability to successfully respond to a threatening or violent situation. As everyone craves confidence; few of us have enough of it. Some of us have more than we should!

We are born with a need for security and safety. When left unsatisfied, an unmet need becomes a nagging, subconscious distraction that can compromise the quality of your life and even your health. Self-defense training, if conducted properly, can satisfy our need for security and provide us with a perception of control in our lives.

Can Self-Defense Training Build Confidence?

It’s almost a cliché that self-defense and martial arts training will naturally and automatically lead to increased self-confidence. Maybe it will. Maybe it won’t. Confidence doesn’t necessarily happen by default.

10 things to build up your self-confidence.

1. Visualize yourself as you want to be. ...
2. Affirm yourself. ...
3. Do one thing that scares you every day. ...
4. Question your inner critic. ...
5. Take the 100 days of rejection challenge. ...
6. Set yourself up to win. ...
7. Help someone else. ...
8. Care for yourself.

Confidence Is A By-Product Of Self-Esteem

In an effort to more thoroughly grasp the concept of confidence building, let’s take a look at the broader quality of “Self- Esteem.”

Your self-esteem has a direct correlation on your self-confidence, your personality and the results you produce in your life.

“Self-esteem has two interrelated components. One is a basic confidence in the face of life’s challenges: self-efficacy. The other is a sense of being worthy of happiness: self-respect.

Self-efficacy means confidence in the function of the mind, in my ability to think, understand, learn, chose and make decisions; confidence in my ability to understand the facts of reality that fall within the sphere of my interests and needs; self-trust and self-reliance.”

Is it any wonder that people have been able to make a significant, positive impact on self-esteem and confidence through self-defense training? Let’s take a closer look at why...

Be prepared go out and win the world..... You are the best..

"Becoming the best version of yourself will equip you to spark change in others-Thai Nguyen



A word cloud with 'self-esteem' and 'improving' as the most prominent words. Other visible words include 'quotes', 'assertiveness', 'tips', 'attitude', 'boy', 'work', 'hard', 'need', 'women', 'easy', 'teen', 'achieve', 'affirmations', 'girl', 'healthy', 'best', 'men', 'inventory', 'lower', 'motivated', and 'balance'.



CONFIDENCE
IS NOT
"THEY WILL
LIKE ME."
CONFIDENCE
IS "I'LL BE FINE
IF THEY DON'T."
- CHRISTINA CRIMME