

Self-esteem

The most common emotional effect of domestic abuse is loss of self-esteem, when you have constantly been worn down by abusive and critical comments, which attack every aspect of your appearance and personality.

You are left feeling worthless



Rebuilding your self-esteem after experiencing domestic abuse can be a difficult and ongoing process. Here are a few strategies that may help you on your journey. Remember that everyone is unique, so it's important to try different techniques and identify what works best for you.

- **Be kind to yourself:** Treat yourself with the same kindness and compassion that you would offer a friend in need.
- **Challenge your critical voice:** Your abuser may have conditioned you to believe negative things about yourself. When you hear your critical voice, challenge it by replacing negative self-talk with positive affirmations.
- **Use positive affirmations:** Practice saying positive statements about yourself, such as "I am strong" or "I am worthy," and repeat them often. You can even say them in front of a mirror.
- **Recognise positive things in your life:** Celebrate your successes, no matter how small they may seem. Take time to praise yourself for your

achievements, whether it's going for a walk, solving a problem, or cleaning up something you've been meaning to do.

- **Identify your positive qualities:** Ask family and friends to write down qualities they admire in you, and keep the list with you. When you're feeling low or worthless, read through the list to remind yourself of your strengths.

- **Start journaling:** Writing down your thoughts and feelings can help you process your emotions and work through any overwhelming feelings.

- **Practice gratitude:** Every day, write down three things you're grateful for, no matter how small. This practice can help you focus on the positive aspects of your life and cultivate a sense of gratitude.

Remember, rebuilding your self-esteem takes time and effort, and it's okay to ask for help if you need it. Seek support from friends, family, or a counsellor or support worker who can guide you on your journey towards healing and self-acceptance.

Your rights

The right to be safe.

The right to say No.

The right to make mistakes.

The right to be you.

The right to love and be loved.

The right to be treated with respect.

The right to be human- NOT perfect.

The right to make decisions about anything that affects me.

The right to put yourself first.

The right to be angry and protest if you are being treated unfairly or abusively by anyone.

The right to your own privacy.

The right to earn and control your own money.

The right to change your mind.

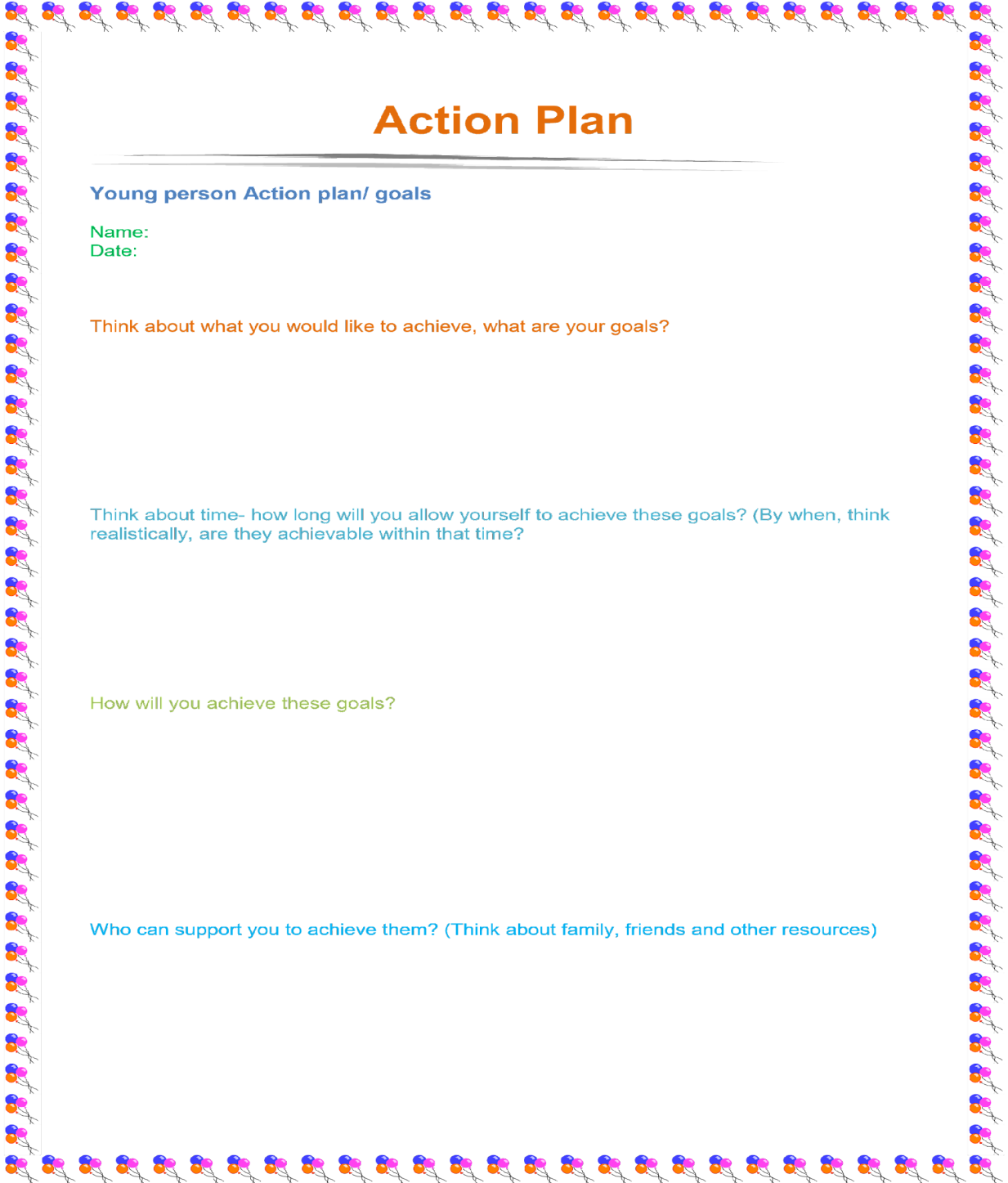
The right not to be responsible for other adults' problems.

The right not to be liked by everyone.

The right to control your own life and to change it if you are not happy with it.

Action plan and goals:

Having a plan and setting goals will help to build your self-esteem. Explore the tool and questions below to help you plan and set goals for the future:



Action Plan

Young person Action plan/ goals

Name:

Date:

Think about what you would like to achieve, what are your goals?

Think about time- how long will you allow yourself to achieve these goals? (By when, think realistically, are they achievable within that time?)

How will you achieve these goals?

Who can support you to achieve them? (Think about family, friends and other resources)