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The "Different Perspectives" Newsletter

It can be fun to step back and look at the world from a different angle. Here, we step back and look at commonly used words in business and life, ask a provocative question, and see what others are doing differently by applying a different lens on life. I hope you enjoy "Different Perspectives" and that you begin to step back when needed and observing what else is possible.

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Word Choices

Self-esteem /self-i-steem/, noun. *Def - a realistic respect for or favorable impression of oneself, self-respect.*

This is a curious word that I have become more aware of lately and once you think about it, you can't unsee it. Many confuse different words for self-esteem, such as confidence, self-respect, and ego. However, one can be confident, have self-respect, and have a rather large ego, but they may not think favorably of themselves. In fact, higher levels of confidence and ego can actually cover up for a lack of self-esteem.

Our self-esteem can and usually does form in our childhood as a result of how we were raised by our parents, coaches, and communities. Self-esteem can reflect a view of worthiness and if you grew up in a family that didn't have much or you were told that your family couldn't afford something, you might not feel worthy or valued and thus your self-esteem can be crushed. Also, abuse and neglect from a parent can dramatically affect a child's self-esteem.

I have seen many people in this world who are incredibly confident, or at least portray themselves with high confidence in decision-making, actions, and behaviors, AND they

may have incredible outward facing egos, but those same people may be scrolling social media, instagram, or other channels to get feedback on their comments to justify that they are right or to make themselves feel better. The comparison culture of today's social media can be crushing to our self-esteem. Many influencers show off their elaborate lives, the fantastic trips, the amazing clothing they wear as a sign that they are confident and have high self-esteem. However, the worst thing you can do to an influencer or public figure is show them their flaws or God forbid, not like their posts, and you will quickly see someone spiral out of control.

I think those who possess the quiet confidence as people who have the highest self-esteem. Many with high self-esteems don't need the public eye or approval and can easily go against the grain if what they are doing aligns with their values and beliefs. How do they raise their self-esteem? It starts with confident conversations with themselves. They acknowledge their wins and their failures. They believe in themselves and are often unshakeable.

Look around you and see if you can notice those who have high self-esteems and those who don't. Don't criticize those who do or don't have it. Try to understand it. Ask questions. Be curious. Judgement does nothing for us or for anyone else, and that includes self-judgement.

Question of the Week

1. How would you rate your own self-esteem from 1-10, 10 being solid?
 2. What is one thing you can do to love yourself more, no matter what?
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Did You Know?

I just provided a brief view of what self-esteem is and where it comes from. Self-esteem is actually a complex thing that has a multi-factoral history of development and the same complexity for improving it. In this article from Psychology Today, they list the ["10 Things You Didn't Know About Self-Esteem"](#). Many of these I was unaware of or had a misconception about. Others, I had heard before.

There are many incorrect beliefs around self-esteem. Some feel it is just a switch that you can flip to change, or that you can will it to change. Here is an article about some

[misconceptions about self-esteem.](#)

One important thing to state here. If you feel that you have low self-esteem, please, please, please reach out to a trained mental health professional in your area to get help. You can improve your self-esteem with the right professional. There are many resources out there to get help. Here are two great resources to get help for yourself or someone you love. [BetterHelp](#), or [Psychology Today](#).



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