



# Respectful Futures

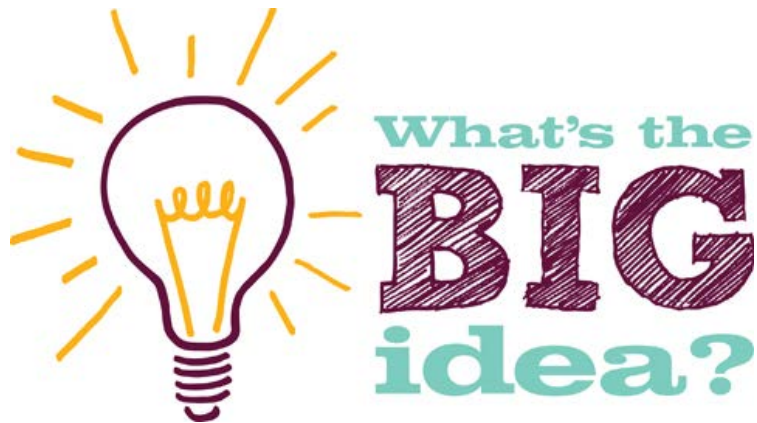
Shaping Healthy Relationships



# Module 6

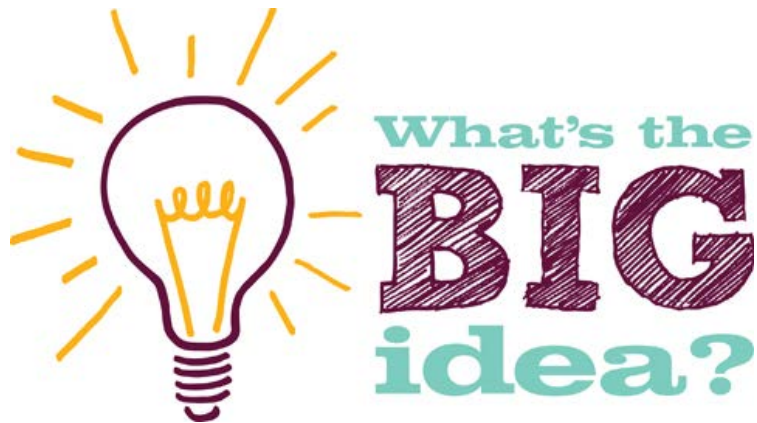
## How to Develop and Sustain Healthy Relationships

# Big Ideas



Developing a positive sense of self-worth through acceptable avenues can be a powerful force for eliminating the need to engage in unhealthy, disrespectful relationships.

# Big Ideas



Learning to extend more compassion to ourselves and others aids in the development of a mature and healthy self-esteem.

# What Is Self-Esteem?

- State of mind and being
- Consists of how we think and feel about ourselves and influences how we think and feel about other people



# What Is Self-Esteem?

- Determines the level of contentment and fulfilment, and degree of satisfaction and happiness we experience in school, relationships, home, jobs and so on

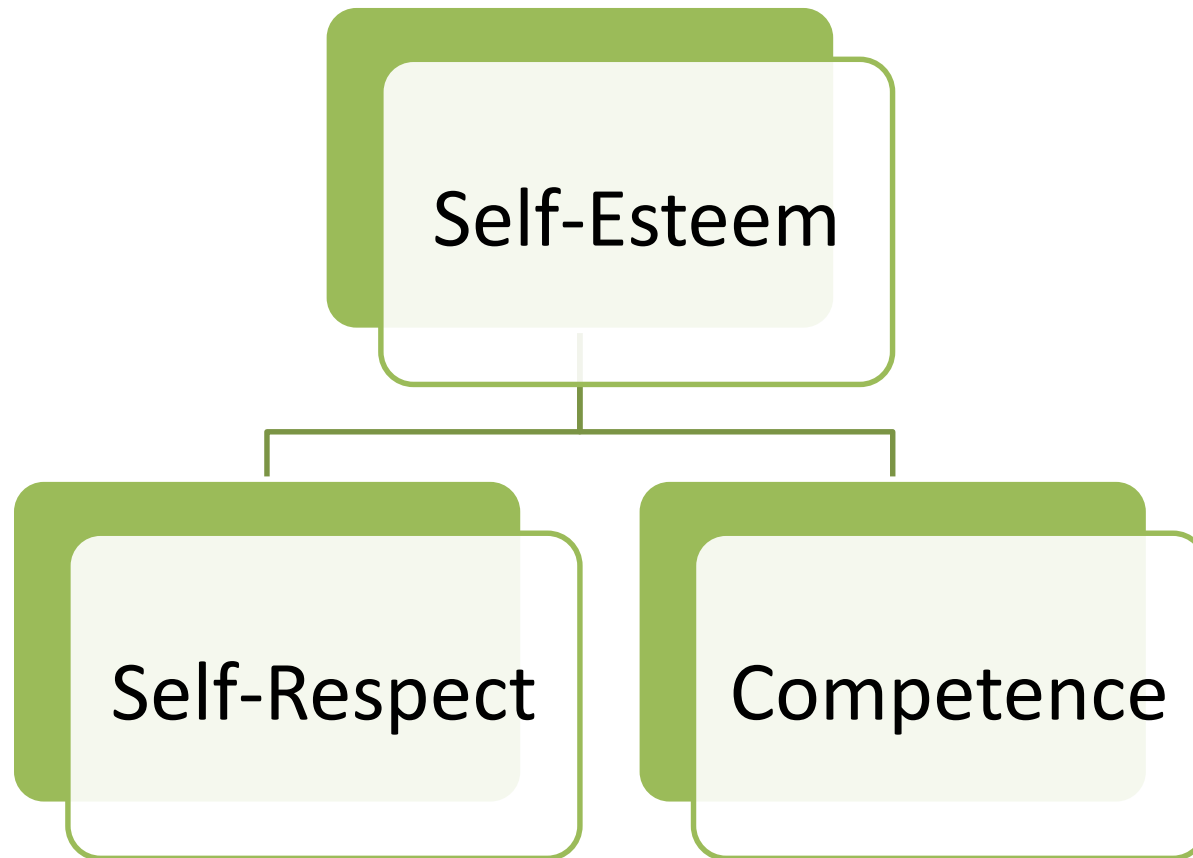


# What Is Self-Esteem?

- Internal belief system and becomes a filter for how we experience life



# Two Aspects of Self-Esteem





# Two Aspects of Self-Esteem

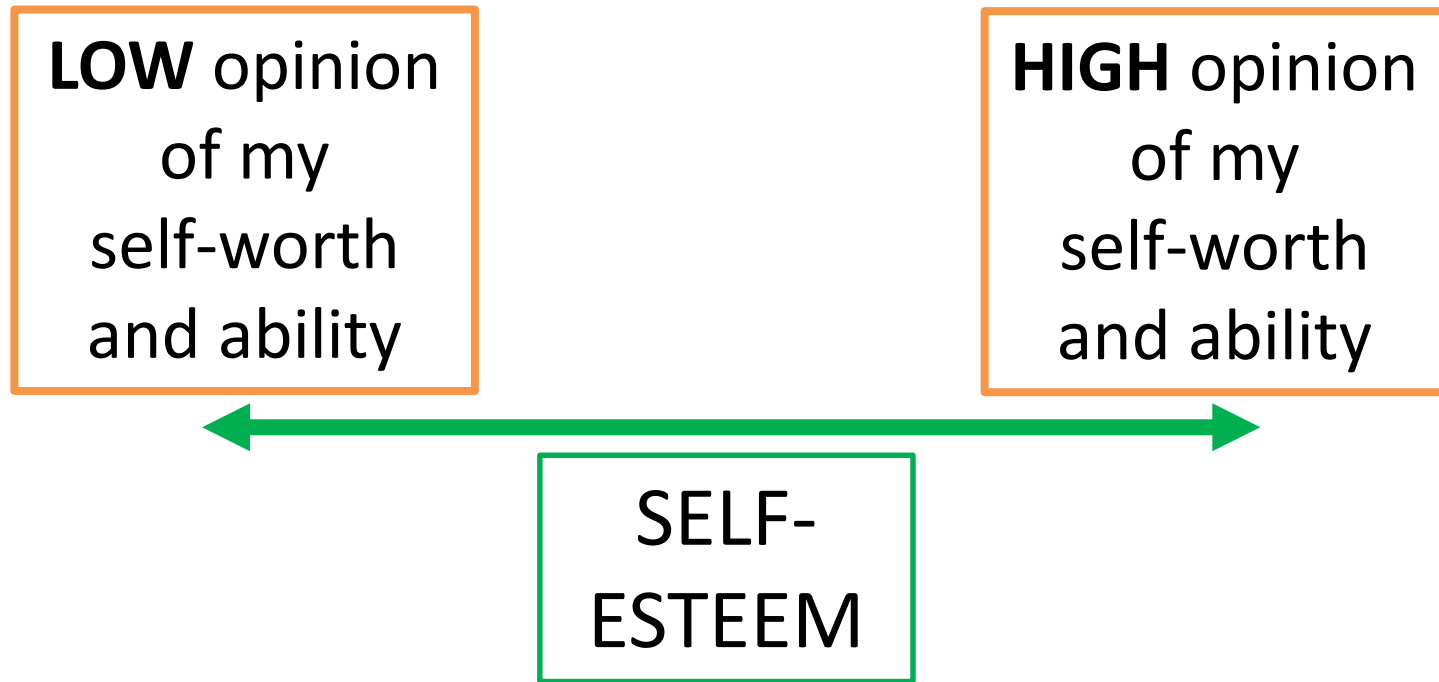
## Self-Respect

- Positive yet realistic sense of our worth as a person
- Begins in childhood
- Influenced by what we learned about ourselves in our family and culture
- Belief in being treated with dignity and respect

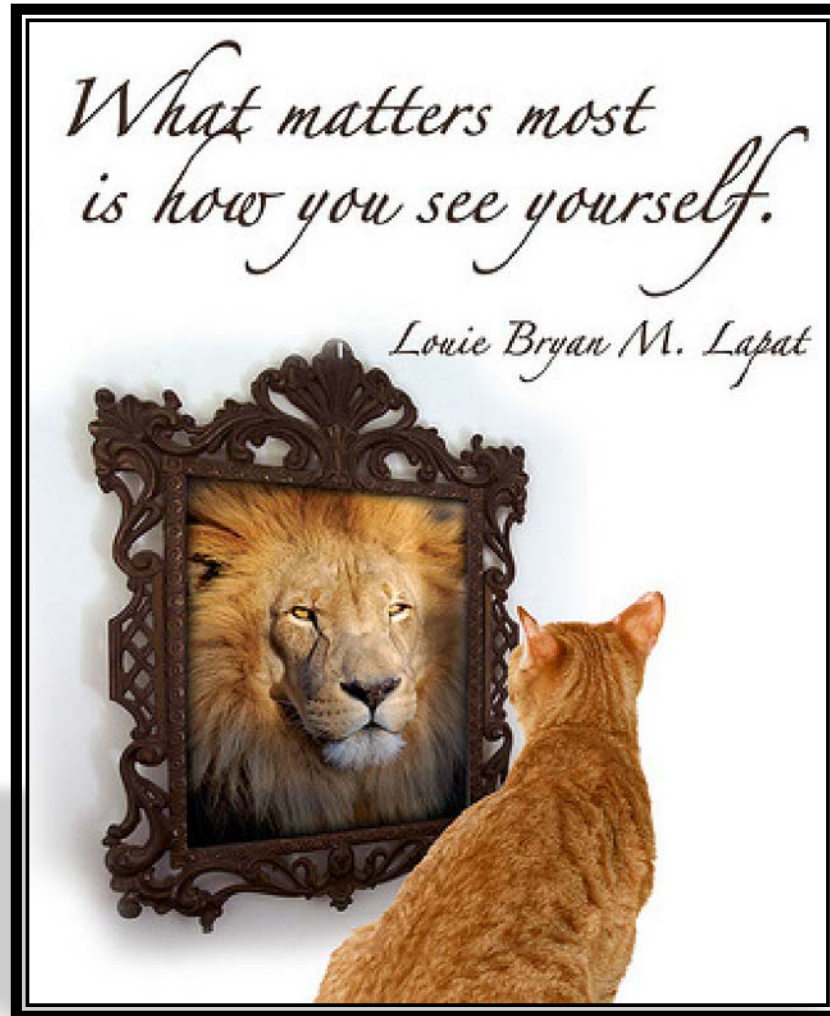
## Competence

- Usually thought of as our ability to do something successfully
- Ability to cope in life
- Ability to learn from mistakes
- Ability to grow and change
- Ability to do better when we know better

# Low/High Opinion of Self-Worth and Ability



# Seeing Yourself



# Getting to Know Me: Self-Esteem and Self-Compassion



# Be Kind to Yourself: Advancing Self-Esteem and Self-Compassion

- Stop being so hard on yourself
- Pay attention to what you are telling yourself
- Be gentle, kind, and patient with yourself



# Be Kind to Yourself: Advancing Self-Esteem and Self-Compassion



- Catch yourself doing well
- Support yourself and let others support you

# Be Kind to Yourself: Advancing Self-Esteem and Self-Compassion

- Acknowledge your negative patterns, and then gently let them go

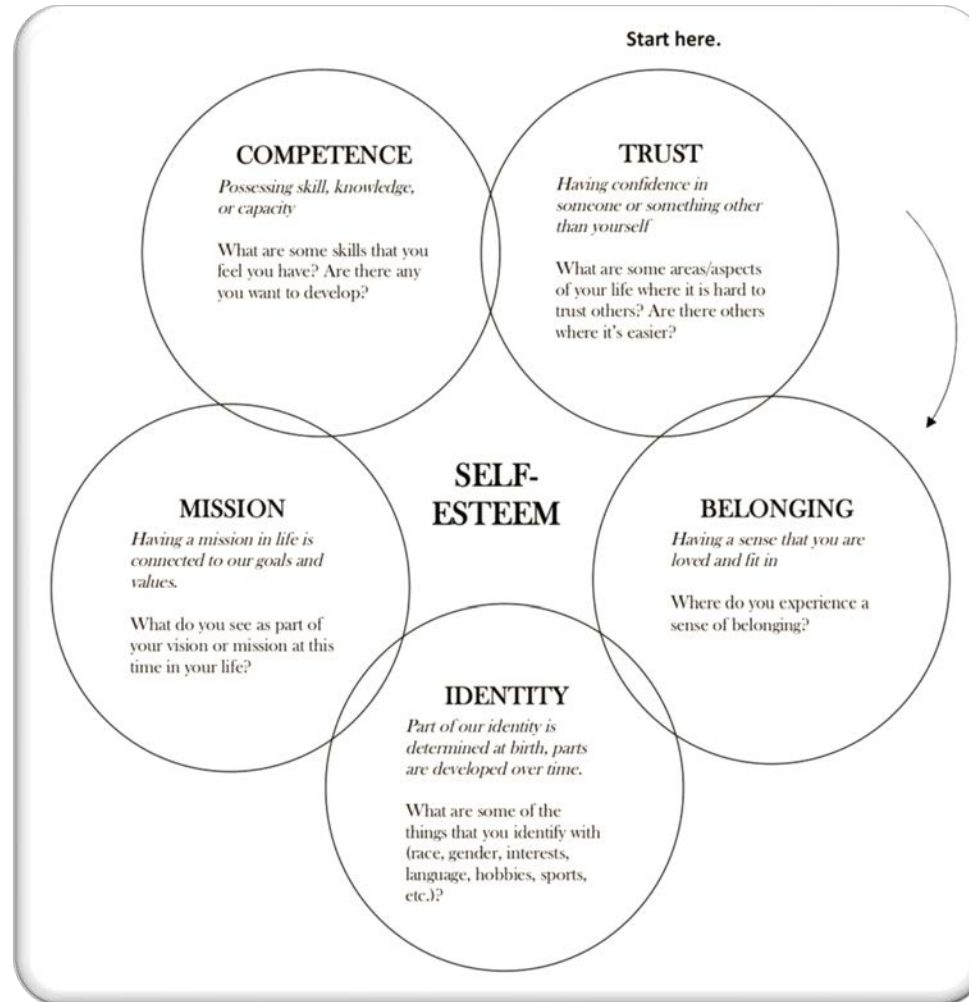


# Getting to Know Me: Values





# Five Rings of Self-Esteem



# Five Rings of Self-Esteem

- The development of self-esteem begins with trust.
- Each ring begins forming in childhood.
- All five rings continue to change and grow during your lifetime.



# Five Rings of Self-Esteem

- Grow your self-esteem by focusing your time and energy on a ring that you feel needs some attention.



# Boundaries Revisited



- Physical
- Emotional
- Social
- Mental
- Spiritual/  
cultural

# Basic Rights in Healthy Relationships Revisited



- The right to safety
- The right to be treated with respect and dignity
- The right to be free from any form of abuse, whether emotional or physical

# Basic Rights in Healthy Relationships Revisited



- The right to have and express my own opinion
- The right to my feelings
- The right to privacy (which is different from secrecy)
- The right to be involved in decisions that affect me

# Basic Rights in Healthy Relationships Revisited

- The right to be called by no names that devalue me
- The right to be asked respectfully rather than ordered
- The right to choose my own friends



# Basic Rights in Healthy Relationships Revisited

- The right to set and maintain my own boundaries
- The right to have and pursue my own interests
- The right to my own identity
- The right to change my mind







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