



# Low Self Esteem – Remove the Fear and Embrace Life.

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Low self esteem, negative emotions and thoughts about ourselves, can originate from many different sources. Quite often these feelings can begin in childhood, but there are circumstances or events that can take place in adulthood that can also cause us to develop low self esteem.

Some examples of causes include long term criticism from a parent, a one-time comment from a teacher at a vulnerable moment, an anxious period of your life when you didn't feel you had enough support, bullying (which includes workplace bullying), traumatic events, society or the media. Low self esteem often evokes feelings of shame, guilt, conflict and self-loathing.

Low self esteem blocks us from knowing who we are and what we are meant to be doing. Low self esteem is often an underlying cause of depression. When you are constantly worrying about what others think, trying to avoid making mistakes, and full of anxiety about your own self worth, you can't possibly be in touch with the more subtle drives that steer you on your life path.

## *The Single Biggest Mistake People Make About Low Self Esteem.*

"You just have to think more positively!" Have you ever heard that? I'm guessing you have, either from others, self help books, or from yourself.

The trouble is, this is like trying to make your car change direction by steering the back wheels. What drives low self esteem, and the thoughts that go with it, is emotion; and when the emotion changes, the thoughts change.



## *So How Do You Change Emotions?*

So we know that lots of reading and thinking doesn't work, no matter how hard you try.

What we need to change is old conditioned responses that are driving negative emotions.

And that is why I encourage incorporating Clinical Hypnosis and/or Rapid Trauma Resolution™ into your therapy sessions...to rid you of your negative emotions and let you begin to enjoy being the person you were meant to be.

Hypnosis is respectful, gentle and natural.

If you'd like more information, or wish to make an appointment, please call either the office at 561-598-8585, or cell at 561-234-6778, or visit [www.TherapyWithMary.com](http://www.TherapyWithMary.com).

*Therapy with* **Mary**

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*Boost Your Sense of Self Esteem....  
Overcome Self Criticism and Insecurity*