



SELF THERAPY

?

Self Therapy

How much do I confuse

- Humiliation and humility
- Putting myself down and putting down my sinful self
- Self degradation and self denial
- Worthless and unworthy
- Selfishness and Self love
- Self worship and Self worth
- Self condemnation and humility



1-I am created on His own Image according to His likeness genesis

1

2-His new nature and Holy Spirit which dwells 1

corinthians3:16

3-He loves me and He shed His blood For me on the cross

4-He died to give me life



**How to get in touch with
my self worth and
improve my Self esteem**

5-Love of support

of spouse
parents
brothers
sisters and
friends



6-Seeing myself through the eyes of Christ



7-No self condemnation or judgement and condemnation to others
Childhood and adolescent experiences might explain present feeling of uncleanness, shame, guilt or unworthiness
sadness, anxiety



How to get in touch with
my self worth and
improve my Self esteem



- **8- Accept praise and complements** of others
give glory to Christ
- **9- you have to be assertive** ,speak up your
thoughts ,feelings , needs
or opinions
- **10-Dont put down yourself** when you make
mistakes it is part of
human nature ask his
forgiveness then forgive
yourself

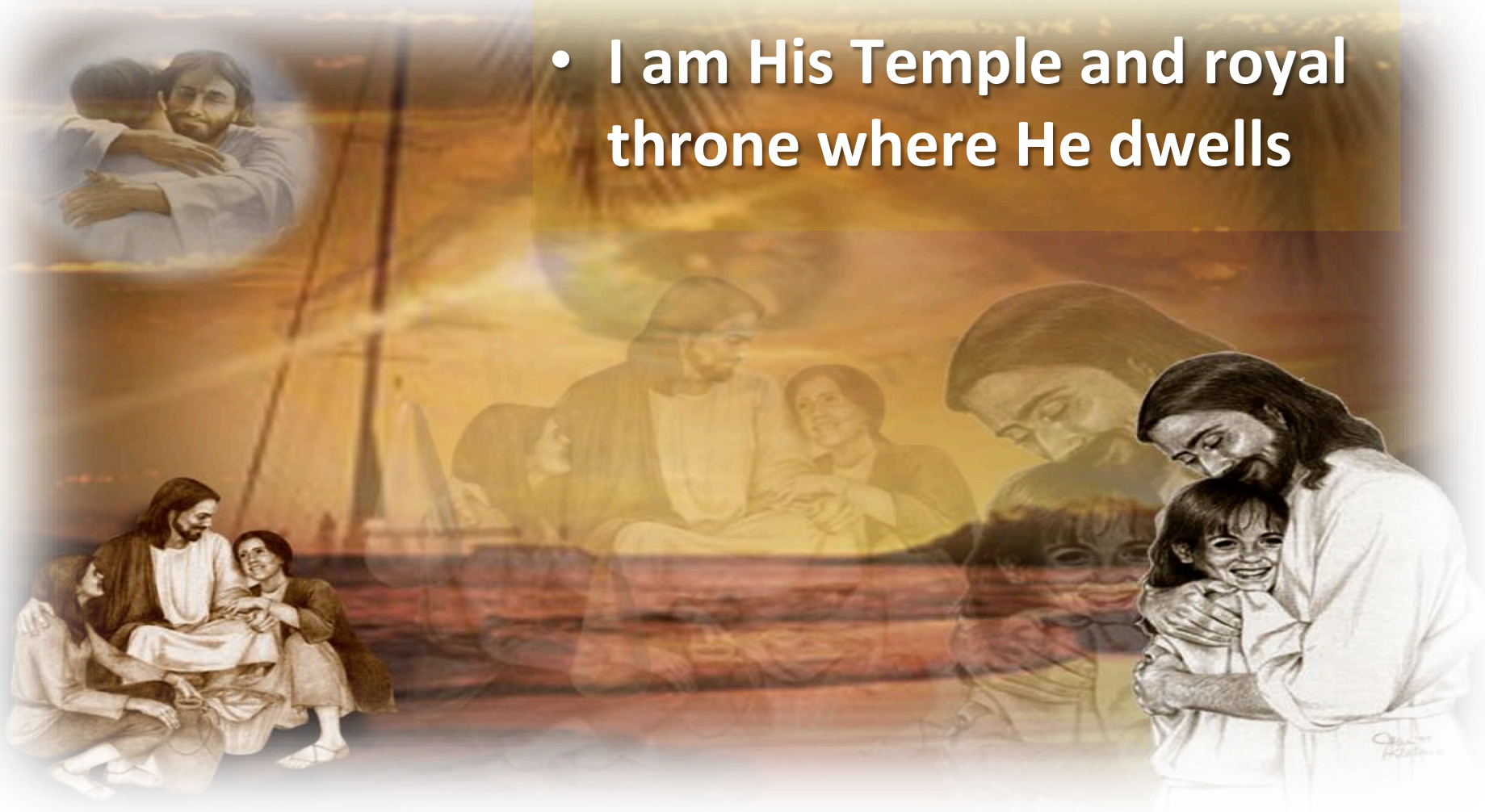
11- Accept yourself

be proud of
the unique
person God
has created
God does not
make
mistakes!



How to get in touch with
my self worth and
improve my Self esteem

- **12-Jesus loves me** and he told me love your neighbour as yourself
- I am His Temple and royal throne where He dwells





- **13 I have to think** ,speak and **act positively**
- **14 I have to avoid comparing** myself to others and the envy rap
- **15 change negative** self talk to positive
- **16 Be satisfied** with whatever is given to you

How to get in touch with
my self worth and
improve my Self esteem

- **17-Thanksgiving** is a positive source of self esteem and joy



How to get in touch with
my self worth and
improve my Self esteem

**18-Life of
submission** to His
wisdom, love and
omnipotent power
which is made
perfect in my
weakness

19 -serving with
Him in His Vineyard



How to get in touch with
my self worth and
improve my Self esteem

20- Spiritual intimacy and love

of bride to her own
heavenly
bridegroom (I am
for my beloved and
His desires are
towards me

Song songs7:10



How to get in touch with
my self worth and
improve my Self esteem



- **21-trust and be confident**
- I can do all things through Christ
- The more I live with Him He must increase and and I must decrease and He will never stop manifesting His power In me