

Low Self Esteem

I was asked the question, how do I deal with low self esteem. As I pondered the question, there are many situations I could describe that would identify why so many woman, young and old, have low self esteem. But rather than just rattle off scenarios, I'd rather give you a definition of its seed characteristics and atmospheres for its cultivation.

Low Self Esteem, which from here out I'll call it LSE, is a lower recognition or identification of one's self. That means to think lower of one's worth, value, importance, relevance or significance. LSE is to devalue one's self based on a false meter or measure whether self imposed because of ignorance, (not deliberate, simply the lack the proper knowledge of oneself). Or erroneous information regarded as truth. It is the absence of positive influence: spiritually or emotionally. One who has low self esteem can also become blind. Blind to what they possess innately. This blindness can be permanent or temporary. Persons suffering from low self esteem often allow someone else to impose their thoughts and will onto them, causing them to create a false impression of worth and value.

These false impression and thoughts evoke the feeling of being less than to themselves and others. I believe these thoughts and projections, the recorded and rehearsed words, are the seeds of LSE. The purpose of which is to falsify one's perception and cause you to own LSE.

The seeds of LSE come in many forms that produce many variations and manifestations or scenarios in which women and young girls become victims of the strangulating effects of LSE. The growth and maturity of the seeds sown in the heart, mind and spirit of a young woman, when watered, develop into deep roots of self sabotaging behaviors that only give validation for feeling devalued by your own measures.

At maturity the seeds of LSE take on actions and activities causing its victim to be involved in poor decision making based on the purpose of the seed that was sown. For example if the seed was sown to make you feel unloveable based on something you may not have or based on a flaw you may have, when that seed is matured a person will always feel that they are not good enough because of the seed that was sown. And they often blame themselves for things that they have no control over because they believe it's related to something they lack. The full manifestation of that seed is to cause you to debased or under value self. Most under the demise of this seed continue to cultivate the maturity of this seed by embracing insecurity: an inability to discern appropriately by adopting as truth the notion they don't deserve any good thing. Thus the cycle of cause and effect keeps the seed of LSE germinating.

Most often the seeds of LSE are planted young. A young woman believes she has little value because of what she has been taught or has not been taught by those assigned to nurture her. The formative years are prime real estate to plant these seeds. And when her actions and choices confirm the lies, the seeds of LSE begin to take root and bud self confirming identifiers that give validation for feeling low. These are confirmed by the choices we make: choosing the wrong friends, doing things to ourselves to punish ourselves or others, having bad relationships that only reinforces the negativity of LSE. The lack of goal setting and dream achievements, having no spiritual voice of wisdom in ones life, only cultivates the atmosphere that allows the seeds of LSE to take root. These roots find places in our memory that reinforces and gives validation that keeps them locked into making the same choices based on the devalued sense of self. And the cycle continues.

A young woman may be told she is unattractive and no one will ever want her except to sleep with her for sex. She believes this and begins to make choices based on what she's heard about herself. She then chooses relationships that confirm the lie and she has sex with men who only affirm what she already believes, that she is not good enough therefore deserves what she gets. Thus keeping the cycle going... She is treated low, which confirms what she believes, and she continues to allow what she believes, even though she may struggle with this thought. This is not what she wants but because, she knows no other behaviors to alter the life of the seeds of LSE, one often becomes entangled with the vines and roots that choke the esteem right out of a you. Leaving one with the feeling of gasping for air with no help from anyone anywhere.

The easy answer for most of why many suffer from LSE is often abuse, whether sexual, mental, emotional, parental or other. Neglect, economic adversity, bad influences, etc. This list can be very long. While these or none the less also true factor associated with low self esteem, I believe all derive from what I have described. They are seeds sown deep in the heart of those who suffer from LSE.