

Psychoeducational Resources Website – Self-esteem

Building Self-esteem: Your Network

<p>1. Family of Choice The people we choose to invite into our inner circle with which we can be highly vulnerable and show all parts of our self.</p>	<p>2. Close Friends People we interact with regularly. We may not share everything with them, but we feel we can go to them if we are in trouble or an emergency and need support.</p>
<p>3. Esteem Builders The people that show they believe in us and our abilities and can affirm our self-worth.</p>	<p>4. Wider Friends People who are not as close to us as the groups above, but still people we feel we would go out of our way for or participate in activities with.</p>
<p>5. Cheer Leaders These are friends who encourage us and remind us of our power and worth. They boost our spirits in tough times.</p>	<p>6. Associates & Acquaintances People we have common interest with. We recognise and enjoy being around one another but would not turn to each other in times of need. For example, a work colleague.</p>
<p>7. Advisors People we trust to guide us when we need advice. We empower them to give us 'tough love' sometimes when we need it.</p>	<p>8. Feedbackers People who tell us the truth, even if it's not what we want to hear.</p>