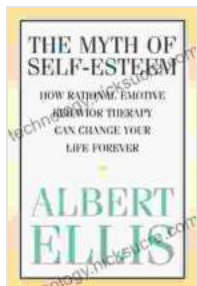


The Myth of Self-Esteem: Why High Self-Esteem Is Not a Predictor of Success or Happiness



The Myth of Self-esteem: How Rational Emotive Behavior Therapy Can Change Your Life Forever

(Psychology) by Albert Ellis

★★★★☆ 4.5 out of 5

Language : English

File size : 2297 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 344 pages



For decades, we have been taught that high self-esteem is the key to success and happiness. We are told that people with high self-esteem are more likely to succeed in school, work, and relationships. They are more confident, outgoing, and assertive. They are also more likely to be happy and healthy.

However, there is a growing body of research that challenges this long-held belief. Studies have shown that high self-esteem is not actually a predictor of success or happiness. In fact, some studies have even shown that high self-esteem can be harmful.

What is self-esteem?

Self-esteem is a person's overall subjective evaluation of their own worthiness. It is based on a person's beliefs about their own abilities, accomplishments, and social status. Self-esteem can be high, low, or somewhere in between.

There are many factors that can contribute to self-esteem, including:

- Genetics
- Parenting
- Childhood experiences
- Social experiences
- Cultural factors

Why high self-esteem is not a predictor of success or happiness

There are a number of reasons why high self-esteem is not a predictor of success or happiness.

1. High self-esteem can lead to unrealistic expectations.

People with high self-esteem often believe that they are capable of anything. This can lead to them setting unrealistic goals for themselves. When they fail to achieve these goals, they may feel disappointed and discouraged.

2. High self-esteem can make people defensive.

People with high self-esteem may be more likely to defend their beliefs and opinions. This can make them less open to new ideas and experiences.

3. High self-esteem can make people less motivated.

People with high self-esteem may feel that they are already good enough. This can lead to them being less motivated to improve themselves.

4. High self-esteem can be harmful to relationships.

People with high self-esteem may be more likely to put their own needs above the needs of others. This can lead to difficulties in relationships.

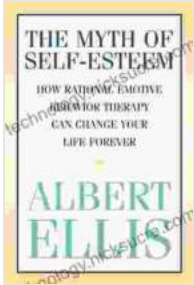
What is healthy self-esteem?

Healthy self-esteem is not about thinking that you are better than others. It is about accepting yourself for who you are, with all of your strengths and weaknesses. Healthy self-esteem allows you to feel good about yourself without putting yourself down or others.

Here are some tips for building healthy self-esteem:

- Be kind to yourself.
- Focus on your strengths.
- Set realistic goals.
- Be open to feedback.
- Surround yourself with positive people.

The myth of self-esteem has been debunked. High self-esteem is not a predictor of success or happiness. In fact, it can be harmful. Healthy self-esteem is about accepting yourself for who you are, with all of your strengths and weaknesses. It allows you to feel good about yourself without putting yourself down or others.



The Myth of Self-esteem: How Rational Emotive Behavior Therapy Can Change Your Life Forever

(Psychology) by Albert Ellis

★★★★☆ 4.5 out of 5

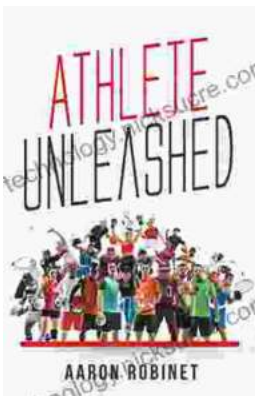
Language : English

File size : 2297 KB

Text-to-Speech: Enabled

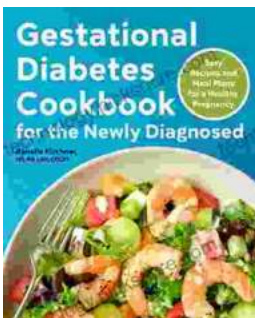
Word Wise : Enabled

Print length : 344 pages



Holistic Approach to Unleashing Your Best Inner Athlete

As an athlete, you know that success is not just about physical strength and endurance. It's also about mental and emotional well-being. In...



Easy Recipes And Meal Plans For Healthy Pregnancy

Congratulations on your pregnancy! This is an exciting time, but it can also be a time of change and adjustment. One of the most important things you...