

Newsletter

Private Matters Psychotherapy



**SELF-ESTEEM AND
RELATIONSHIPS**

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Jelena



What is love?

Love is a transformative force that flourishes in healthy relationships, nurturing self-esteem and fostering growth in both individuals involved.

Embrace and Empower: Love, Relationships, and the Path to Self-Esteem Success

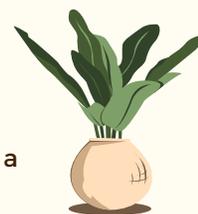


How does self-esteem affect relationships?

Self-esteem plays a crucial role in shaping the quality and dynamics of relationships. How individuals perceive themselves and their self-worth significantly impacts their ability to connect with others and maintain healthy partnerships.

When someone lacks confidence in themselves, they may struggle with feelings of unworthiness or inadequacy. These negative self-perceptions can make it challenging to believe that someone would genuinely be interested in them or love them. Resulting in constantly questioning whether they are worthy of a relationship or even self-sabotaging potential connections due to self-doubt.

A low self-esteem can also contribute to codependency and unhealthy relationship patterns. Seeking constant validation or approval, depending on a partner for a sense of self-worth, or losing one's own identity all stem from a lack of self-confidence. Feeling insecure, a misguided sense of jealousy and doubting a partner's faithfulness are other examples.



Having a healthy self-esteem level can positively impact relationships in numerous ways. People with a healthy self-esteem are more likely to approach relationships with confidence and authenticity. They can communicate their needs and boundaries effectively, fostering open and honest communication within the partnership. These people tend to recognize red flags and engage in nurturing an environment where both partners can thrive and feel secure in their connection.

Meet Jelena



A little about Jelena

I consider myself to be a salt-of-the-earth person who enjoys the small and simple things in life . . . and Elvis Presley. I love to cook, bake, hike, read, watch horror movies, play tennis, and spend time with my friends and family.

What can Jelena help with?

I specialize in helping people struggling with OCD, trauma and relationships. I use a combination of ACT, CBT and Exposure and Response Prevention techniques. I am an advocate of lifelong learning and am always exploring new ways to provide the best care possible.

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APPOINTMENT WITH
JELENA



I am passionate about exploring spirituality and personal development. I have a meditation practice that I look forward to each day and I feel a deep sense of duty to optimize my time on this earth and show up each day rooted in kindness and love - "there is nothing to change but self".

Give your self-esteem a boost



Communication and self-esteem?

Developing strong communication skills can have a powerful impact on boosting self-esteem. Effective communication allows individuals to express themselves clearly, assert their needs, and engage in meaningful interactions with others.

Top three tips to boost self-esteem

Boosting self-esteem is a journey that takes time and effort. Be patient and kind to yourself as you work towards building a stronger and healthier sense of self-worth.

Practice self-compassion: Treat yourself with kindness, understanding, and acceptance. Embrace your imperfections and mistakes as part of being human. Replace self-criticism with self-encouragement and remind yourself of your strengths and accomplishments.

Cultivating self-compassion allows you to develop a healthier and more forgiving relationship with yourself, ultimately boosting self-esteem.



Engage in self-care: Prioritize activities that nurture your physical, mental, and emotional well-being. Take care of your body through regular exercise, nutritious eating, and adequate sleep. Engage in hobbies and activities that bring you joy and fulfillment. Practice mindfulness or meditation to quiet your mind and foster a sense of inner peace. Investing time and energy in self-care demonstrates self-value and sends a positive message to yourself, reinforcing your self-esteem.

Surround yourself with positivity: Surround yourself with supportive and uplifting people who appreciate and encourage you. Distance yourself from individuals who bring you down or undermine your self-worth. Seek out communities or groups that align with your interests and values, where you can feel accepted and appreciated. Engage in positive self-talk and challenge negative thoughts or beliefs. Surrounding yourself with positivity helps create an environment that nourishes your self-esteem and promotes personal growth.