Self esteem formulation

Page 1: defining self esteem

PROGRESS PSYCHOTHERAPY

Early experiences

The meaning we take from our experiences creates what we think/ feel about ourselves

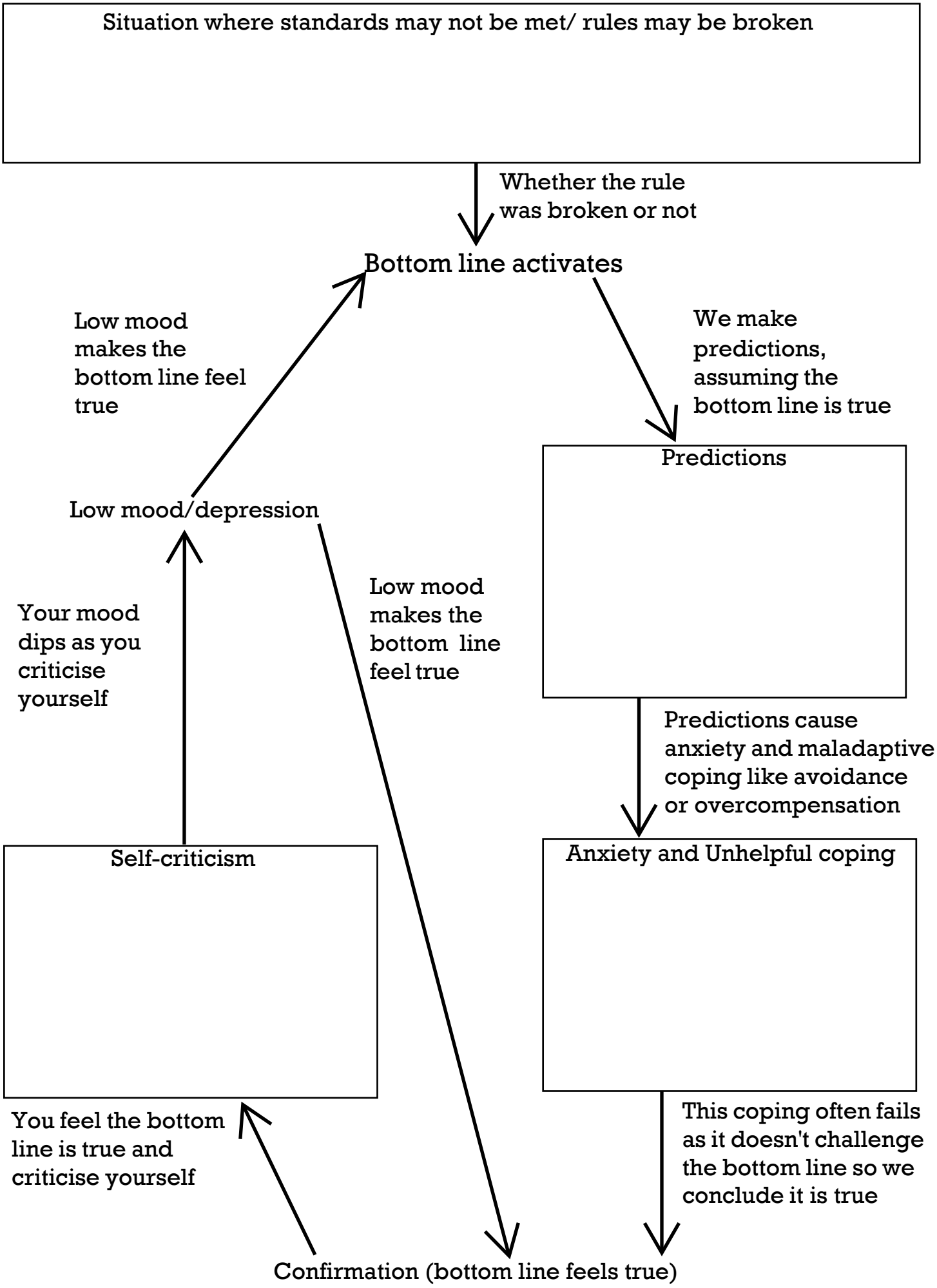
Bottom line (assessment of worth as a person)

I am

We develop maladaptive coping strategies like rules or unfair standards to avoid triggering the bottom line

Rules / standards I need to meet to not think the bottom line is true

Part 2: how self esteem impacts us



© 2025 Robert Fulton (trading as Progress Psychotherapy®) Licensed under CC BY-SA 4.0.