

Low Self Esteem	Healthy Self Esteem
I'm unaware that I'm lovable	I'm aware that I'm lovable
Coping Stances: Incongruence Placating – <i>I'll do anything</i> Blaming – <i>I'll make you feel guilty</i> Super-Reasonable – <i>I'll detach from reality</i> Irrelevant – <i>I'll deny reality</i>	Coping stance: Congruence I do what fits I respect our differences I include you and me I accept the context
Rigid Judgmental	Validated Empowered Confident
Reactive	Responsive
Motivated by family rules and “shoulds”	Aware of choices and responsibility
Externally defined Defensive Suppress feelings Stay with the familiar	Accepting of self and others Trusting Honest Accepting of feelings, wholeness, and humanness Willing to risk the unfamiliar
Past-focused; wants to maintain the status quo	Present-focused Willing to change