

# CHARACTERISTICS OF SELF-WORTH

CHARACTERISTICS OF LOW SELF-WORTH (OPERATING IN FEAR)	CHARACTERISTICS OF HIGH SELF-WORTH (OPERATING IN FREEDOM)
Never good enough	Good enough even when makes a mistake
Externally-derived validation	Internally-derived validation
Hot and Cold – Goes to Extremes	Consistent
Overly Self-Critical	Always Learning
Critical and Judgmental of Others	Non-Judgmental of Others
Negative	Positive
Indifferent	Takes a Stand
Lacks Self-Control	High Self-Control
Substance Abuse	Doesn't need substances to feel good
Moody	Joyous
Self-Absorbed	Serves Others
Emotionally Manipulative	Acts with Integrity
Unwilling to take personal responsibility	Willing to take personal responsibility
Self-justifies; defensive	Open and willing to learn
Feedback feels like a personal attack	Feedback is a constructive opportunity to grow
Emotionally Invulnerable	Emotionally Vulnerable
Rarely compliments others	Enjoys complimenting others
Lacks compassion and empathy for others	Highly compassionate and empathetic
Tears Others Down	Builds Others Up
Unforgiving	Forgiving
Lacks Discipline	Self-Disciplined
Mean	Loving and Kind
Arrogant and Ego-Centric	Humble
Closed to New Ideas	Open to New Ideas
Closed and unnecessarily private	Willing to be appropriately open and transparent
Self-Doubt	Self-Confidence
Problem-focused	Solution-orientated
Feels Shame and Embarrassment	Sees Learning Opportunities
Controlling of Others	Exercises Self-Control