

Seeing Yourself Through Another's Eyes

It can be hard to see ourselves as we truly are sometimes. When we have low self-esteem or are just feeling a bit more insecure than usual, it is easy to become extremely down on ourselves. This can lead to deepening insecurity or difficulties with developing self confidence.

If you have failed a test, or didn't get the lead role in the school play, or are being bullied, or are just struggling with your self-perception in general, issues with insecurity can arise. This can also create or amplify mental health struggles. Often when we are feeling at our lowest in terms of how we see ourselves, our mental health challenges can become worse.

When you've felt like this, have you ever stopped to think about how the people who love you see you? Have you ever asked them? We are often so much harder on ourselves than we need to be. Our loved ones can be a much better gauge on these things than we are when we are feeling insecure.

In this resource, you will find a list of questions you can ask a loved one in order to see yourself through their eyes. You can do this either in conversation or have them write their responses down so you can have something to refer to you if your self-esteem is low or you just need a little pick-me-up.

Here are some questions:

What is a positive attribute you see in me?

What is your favourite memory with me?

What do you like about spending time together?

How do I make you smile?

What is something we share that you don't share with anyone else?

How have I impacted your world/the world in general in positive ways?

