

<p>To increase your self-esteem by understanding that every part of you is valuable and important at some place, some time. You need to know which part to tap into at a particular time / place.</p>	<p>Become aware that no part of you is essentially positive or negative.</p> <p>Recognize what prevents you doing something you want to do, or prevents you doing something you don't want to do.</p>	<p><u>Understanding the 'Parts' of You.</u></p>		
<p><u>Parts of You</u></p>	<p><u>Where it HELPS me</u></p>	<p><u>How it can HELP me</u></p>	<p><u>Where it can HURT me</u></p>	<p><u>HOW it can HURT me</u></p>
<p>Need to be with others.</p>	<p>1. Creating friendships.</p>	<p>1. Lets me have an interest in others.</p>	<p>1. When others are too occupied, for me.</p>	<p>1. It can make me upset when I get too close to others.</p>
	<p>2. Establish business friends / colleagues.</p>	<p>2. Allows me to learn from others experience.</p>	<p>2. When I have to be alone.</p>	<p>2. It can show other people's problems.</p>
	<p>3. Being connected to your family.</p>	<p>3. Lets me create true closeness in my relationships.</p>	<p>3. When others reject me.</p>	<p>3. It can make me feel too dependent on others and can reduce my confidence.</p>