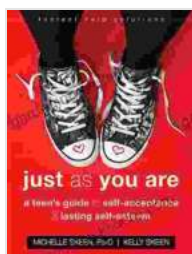


# Teen Guide To Self Acceptance And Lasting Self Esteem: The Instant Help You Need

Adolescence is a period of significant growth and change, both physically and emotionally. It can be a time of great self-discovery and self-expression, but it can also be a time of self-doubt and insecurity. For many teens, the desire for acceptance and the fear of rejection can lead to negative self-talk and low self-esteem.



## Just As You Are: A Teen's Guide to Self-Acceptance and Lasting Self-Esteem (The Instant Help Solutions Series) by Kelly Skeen

★★★★☆ 4.7 out of 5

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Enhanced typesetting	: Enabled
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Print length	: 176 pages



Self-acceptance is the ability to see yourself clearly and honestly, and to accept yourself for who you are, both the good and the bad. It is not about being perfect or always being happy; it is about being comfortable in your own skin and confident in your own worth.

Self-esteem is the belief that you are worthy of love and respect. It is based on a sense of self-worth and self-efficacy. Teens with high self-esteem are

more likely to be happy and successful, and they are less likely to engage in risky behaviors.

If you are a teen who is struggling with self-acceptance and self-esteem, know that you are not alone. Many teens go through similar experiences. The good news is that there are things you can do to improve your self-acceptance and build lasting self-esteem.

## 5 Strategies For Building Self-Acceptance

1. **Be kind to yourself.** This means talking to yourself in a positive and supportive way, and treating yourself with respect. It also means forgiving yourself for your mistakes and learning from them.
2. **Challenge negative thoughts.** When you find yourself thinking negative thoughts about yourself, challenge them. Ask yourself if there is any evidence to support these thoughts. Are you really as worthless as you think you are? Are you really as ugly as you think you are? Chances are, the answer is no.
3. **Focus on your strengths.** Everyone has strengths and weaknesses. Instead of dwelling on your weaknesses, focus on your strengths. What are you good at? What do you enjoy doing? When you focus on your strengths, you will start to see yourself in a more positive light.
4. **Surround yourself with positive people.** The people you spend time with have a big impact on your self-esteem. If you are surrounded by people who are always putting you down or making you feel bad about yourself, it will be difficult to have a positive self-image. Make an effort to spend time with people who support you and make you feel good about yourself.

5. **Practice self-care.** Self-care is anything you do to take care of your physical and emotional health. This includes eating healthy, getting enough sleep, and exercising regularly. When you take care of yourself, you are more likely to feel good about yourself.

## 5 Strategies For Building Lasting Self-Esteem

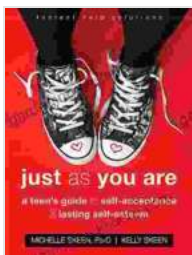
1. **Set realistic goals.** When you set unrealistic goals, you are setting yourself up for failure. This can lead to feelings of disappointment and frustration, which can damage your self-esteem. Instead, set realistic goals that you can achieve with effort. When you achieve your goals, you will feel a sense of accomplishment and pride, which will boost your self-esteem.
2. **Take risks.** Stepping outside of your comfort zone and taking risks can help you build self-confidence and self-esteem. When you challenge yourself and succeed, you will learn that you are capable of more than you think you are. This can lead to a greater sense of self-worth and self-efficacy.
3. **Help others.** Helping others is a great way to boost your self-esteem. When you help others, you are not only making a difference in their lives, but you are also making a difference in your own life. Helping others can give you a sense of purpose and meaning, which can lead to increased self-esteem.
4. **Learn from your mistakes.** Everyone makes mistakes. The important thing is to learn from your mistakes and move on. When you make a mistake, don't dwell on it or beat yourself up about it. Instead, learn from it and try to do better next time. Learning from your mistakes can help you build resilience and self-confidence.

5. **Be patient with yourself.** Building self-acceptance and self-esteem takes time and effort. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually reach your goals.

Self-acceptance and self-esteem are essential for a happy and healthy life. If you are a teen who is struggling with self-acceptance and self-esteem, know that you are not alone. There are many things you can do to improve your self-acceptance and build lasting self-esteem. With time and effort, you can overcome your challenges and become a confident and resilient teen.

## Additional Resources

- National Eating Disorders Association
- Jed Foundation
- Crisis Text Line
- The Trevor Project
- Suicide Prevention Lifeline



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