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## **BUILDING SELF-ESTEEM IN THE ADULT-CHILD SYSTEM**

### **With the 90 Second a Day Self-Esteem Prescription Plan**

- 1) The role that Self-Esteem plays in our lives and society.  
Abusers, Victims, & Survivors- The Differential Outcomes of Ineffective to Effective Self-Esteem Building.
- 2) Where Self-Esteem begins and Where and How it begins to be lost.  
The self-concept, behavior, environment and feedback endless loop.
- 3) Acceptance, Power & Control, Moral Virtue, and Competence- The four cornerstones of Self-esteem.
- 4) **THE FOUNDATION: Seven fundamentals to building Self-Esteem in the Adult-Child System.**
  - Know Yourself
  - Being a Model of Self-Love
  - Take Care of Yourself...First!
  - Being Emotionally and Physically Available
  - Separate
  - Distinguish Love & Like
  - Understand Your Child
- 5) **THE BUILDING: Eight guidelines to Building Self-Esteem in Children.**
  - Validate Your Child
  - Teach Responsibility without Shame, Blame, & Fault
  - Teach that not one should be allowed to abuse him/her (including you).
  - Teach him/her to always take care of him/herself
  - Challenge / Not Push; Have Expectations / Not Demands
  - Praise Appropriately
  - Create Internalized Motivation
  - Do the Right Thing even when it's the Hard Thing
- 6) The Trap & the Message of being the Perfect Parent or Perfect Teacher.
- 7) The 90 Second a Day Self-Esteem Prescription Plan