

Building Self-Esteem: 25 Hints

1. Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly with me in private.
2. Don't be inconsistent. That completely confuses me and makes me lose faith in you and try harder to get my way.
3. Don't spoil me. I know quite well that I ought not to have all I ask for. I'm only testing you.
4. Don't be afraid to be firm with me. I prefer it. It lets me know where I stand and makes me feel more secure.
5. Don't let me form bad habits. I have to rely on you to detect them in the early stages.
6. Don't make me feel smaller than I am. It only makes me behave stupidly "big."
7. Don't make me feel my mistakes are sins. I have to learn from mistakes without feeling that I'm, no good.
8. Don't protect me from consequences. I need to learn the painful way sometimes.
9. Don't be too upset when I say "I hate you." It isn't you I hate, but your power to thwart me.
10. Don't make too much notice of my small ailments. Sometimes they get me the attention I need.
11. Don't nag. If you do I shall have to protect myself by appearing deaf.
12. Don't make rash promises. Remember it discourages my trust and I feel badly let down when promises are broken.
13. Don't forget that I cannot explain myself as well as I should. That is why I'm not always very accurate.
14. Don't tax my honesty too much. I'm easily frightened into telling lies.
15. Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.
16. Don't tell me my fears are silly. They are terribly real. You can do much to reassure me if you try to understand.
17. Don't suggest you are perfect or infallible. It gives me too great a shock when I realize that you are neither.
18. Don't ever think it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.
19. Don't forget how quickly I am growing up. It must be very difficult for you to keep pace with me, but please try.
20. Don't do things for me that I can do for myself. It makes me feel like a baby and I continue to put you in my service.
21. Don't fall for my provocations when I say or do things to upset you. Or then I'll try for more such victories.
22. Don't discuss my behavior in the heat of conflict. My hearing is not so good at this time and my cooperation is worse.
23. Don't forget I love some experimenting. So, please put up with it.
24. Don't demand explanations for my wrong behavior. I really don't know why I did it.
25. Don't forget that I can't thrive without lots of understanding and love. But, I don't need to tell you, do I?