

Living With Diabetes Feeling Better About Myself

SELF-ESTEEM is the process of feeling good about yourself and knowing that you are a valued person.

Here are several self-esteem builders:

- ▶ Believe in yourself.
- ▶ Find your strengths and build on them.
- ▶ Less-than-successful does not mean failure. You can always learn from your less-than-successful tries.

How might you know if you are “feeling” good?

- ▶ I feel happy and content most of the time.
- ▶ I enjoy activities with my friends and family.
- ▶ I feel people respect me, not pity me.
- ▶ I feel good at what I do (friends, family, school, church, sports).
- ▶ I can talk comfortably about my diabetes with others.
- ▶ I do not dwell on my diabetes.
- ▶ I do not use my diabetes as an excuse for my actions.
- ▶ Taking care of my diabetes feels routine.

