

How To Change Your Self-Image

Life Coach **Rebekah Fensome** provides seven steps that you can take today to change your self-image forever.

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Lucy had been struggling with a poor self-image for the past six years. She felt unattractive and strongly believed that men didn't find her sexy. She had a successful career as a management consultant but could not stop feeling bad about herself.

'I just can't believe anyone would find me attractive,' she told me. 'If a man does ever talk to me, I try and make up an excuse to get out of the situation. I don't know why I'm like this and I'm now scared I'll end up alone.'

Through our discussions, I discovered that Lucy had a younger sister. This younger sister was the pretty one, the one who got all the boys, according to Lucy. Even though she was 35 years of age, Lucy still felt her sister was 'The Chosen One' and that she received the most help and attention from their parents. Although Lucy was more successful in her career, she believed her sister was accepted more by her parents because she was married and had provided them with their first grandchild the previous year.

It was clear to me that Lucy had lost sight of what was important to her and was doing her self-image no favours by continually comparing herself negatively to her sister.

“ Start to visualise yourself as the new you. ”

SEVEN STEPS TO CHANGE YOUR SELF-IMAGE FOREVER

Here are some of the techniques we worked on together in order for Lucy to start reconnecting with herself again:

1. Who are you?

Take some time to write down who you are at the moment. Highlight your qualities, values and recognise anything that you see as negative about yourself.

It might be that your negative beliefs about yourself only crop up in certain situations. If this is the case, understand why you feel more negative about yourself at these times.

2. Understand why you have to change.

Recognising how powerful your negative beliefs about yourself have been so far in your life may be a bit depressing to begin with but note down how much these limiting beliefs have held you back so far. Don't dwell on them: just recognise them and decide not to let this happen again.

3. Create a new self-image.

Re-define who you want to be. Keep all of the good qualities that you noted down in response to the 'Who are you?' question but take the negativities you have about yourself and turn them around into positive statements about yourself instead. Read this redefinition back to yourself every day for the next two weeks until you start behaving like this person and making decisions based on this new completely positive person.

4. Positive role models.

Find inspirational people and see how they behave. How do they talk about their lives? It's more productive to admire and pick up qualities in people and add them to your own

repertoire rather than comparing yourself negatively to people. Negative comparison is not constructive and makes you feel bad about yourself.

5. Visualisation.

While you're getting used to your new self-image start to visualise yourself as the new you. How will you deal with certain people and situations? Rehearse the new you and then actually behave as that person in real time situations.

6. Don't put yourself down

Observe how you talk about yourself. Don't use sentences like 'I've never been any good at ...' or 'It only worked because I got lucky.' By putting yourself down in front of others, you're basically telling them that you don't value yourself so they shouldn't either. If you find that you talk negatively about yourself then redefine your external dialogue. Replace negative talk with strong positive statements about yourself.

7. Make yourself feel good.

Once you've worked on your inner confidence, don't undermine this by not dressing for success. Wear things that make you feel confident and sexy. Also, spend time on yourself. Go to the hairdressers, gym, go for massages and eat the right food. Sounds simple but most of us just don't do it. Looking after yourself tells you that you have respect for yourself.

Did these techniques work? Absolutely! Lucy sent me this testimonial not long after we worked together: 'I didn't think I could really change how I saw myself. I'd resigned myself to feeling unattractive forever. I can now clearly see that I'm an amazing person with a lot to offer.'

FURTHER INFORMATION

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