

"ETHICS BEGINS WITH AN ACT OF CHOICE
THAT ATTRIBUTES INTRINSIC WORTH
TO EVERY HUMAN BEING."

--Felix Adler

Therefore, our choice is:

To base our self-esteem on VALUE or

to base our self-esteem on WORTH.

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| 1. I earn my self-esteem through my value to others. | 1. I choose to attribute worth to myself and others. |
| 2. I use others and in turn I am used by them as a means to an end. | 2. I am unique. There is no one else on earth like me. |
| 3. My creativity is used to produce results to prove my value to myself/others. | 3. I am creative; I have natural talents. They flow from me spontaneously. |
| 4. Love is to be earned—it can be won or lost. | 4. I am loving and lovable. I give love freely; I take it freely. |
| 5. My mistakes reflect my inferiority, and I must keep trying to do better. | 5. I view the mistakes I make as opportunities for personal growth. |
| 6. Risk-taking is dangerous, for I may fail and be judged. | 6. I trust myself to take risks; my success or failure does not reflect on my inherent worth. |
| 7. Satisfaction comes from results and often is a temporary state. | 7. Satisfaction comes from doing what I am doing; results are important but do not reflect on who I am. |
| 8. I need to gain others' approval, so it's hard to say no, even though I may resent it later. | 8. I have the right to say no and be respected for it and not feel guilty about it. |
| 9. I have feelings of guilt, blaming, uselessness, overwork, and inferiority as I feel judged and evaluated by myself and others. | 9. I have feelings of confidence, strength, and peace, flowing from my inner sense of worth. |
| 10. I am often a victim of myself, other people, and life's circumstances. | 10. I see myself as a capable and active agent able to elicit the best in myself and others. |