

AUTOESTIMA CLAVES PARA COMPRENDERLA

EXISTE UNA DIFERENCIA ENTRE ¿QUIÉN SOY?
Y ¿CÓMO ME VALORO?:

LEONOR LIQUETE ARAUZO

¿QUIÉN SOY?



ES LA IMAGEN MENTAL O JUICIO QUE TENGO SOBRE MÍ MISMO



EN LA ADOLESCENCIA LOS CAMBIOS A NIVEL FÍSICO MENTAL Y PSICOLÓGICO RÁPIDOS DISTORSIONAN LA IMAGEN DE "QUIÉN SOY" ESTABLECIDA DURANTE LA INFANCIA.



SE MANIFIESTA EN DIFERENTES CONTEXTOS.

-RELACIONES CON OTRAS PERSONAS
-CÓMO ACTUAMOS Y CÓMO REACCIONAMOS ANTE DIFERENTES CIRCUNSTANCIAS.



SE PUEDE MODIFICAR A LO LARGO DE LA VIDA

¿CÓMO ME VALORO?



ES LA MEDIDA EN LA QUE NOS GUSTAMOS, APROBAMOS O ACEPTAMOS A NOSOTROS MISMOS.

"CÓMO ME VALORO" RESPONDERÍA A LA PREGUNTA ES ¿CÓMO TE GUSTARÍA SER?



-EN LA ADOLESCENCIA "CÓMO ME VALORO" DEPENDE:

-CÓMO HEMOS SIDO EVALUADOS EN LA INFANCIA POR LA FAMILIA
-CÓMO NOS EVALUAMOS A NOSOTROS MISMOS EN EL MOMENTO ACTUAL



SE MANIFIESTA EN NUESTRO TRATO HACIA NOSOTROS MISMOS

Y ESTE TRATO ES PERCIBIDO COMO "ESTIMACIÓN DE NUESTRA VALÍA" POR LOS DEMÁS.



SE PUEDE CAMBIAR A LO LARGO DE LA VIDA DESARROLLANDO HABILIDADES QUE FAVOREZCAN EL AUTOCUIDADO COMO UNA CLAVE DE PROTECCIÓN PARA LA SALUD MENTAL

Autoestima Un Manual Para Adolescentes

Lingsheng Yao



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