

Welcome to

**Metacognitive Training  
for Depression (D-MCT)**

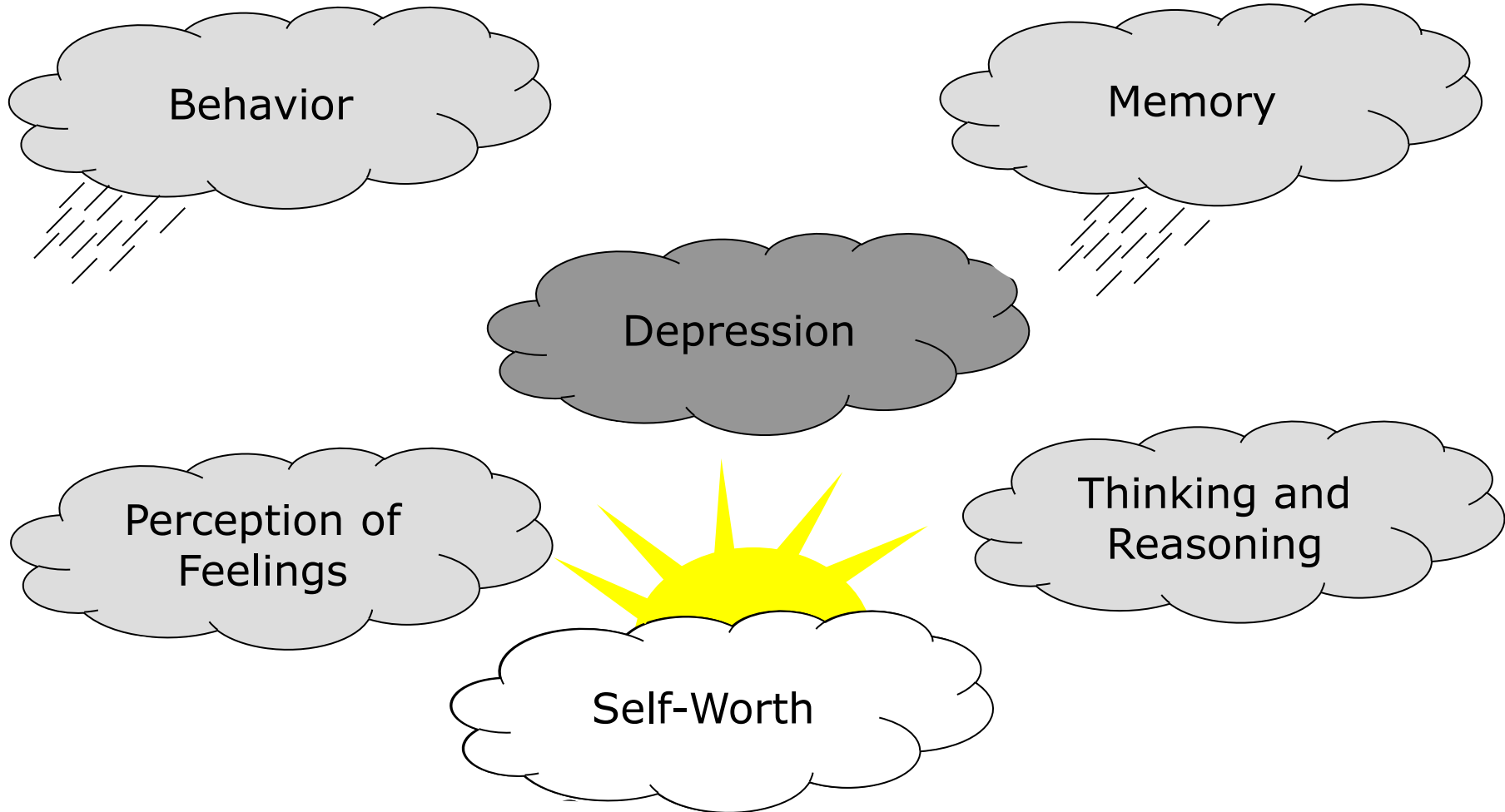
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# D-MCT: Satellite Position



# Today's Topic



# D-MCT Topic:



**Self-Worth**

# Self-Worth: What is it?

cf. Potreck-Rose, 2006



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- *Subjective* appraisal of one's self.



# Self-Worth: What is it?

cf. Potreck-Rose, 2006

- The *value* that a person attaches to *him* or *herself*.
- *Subjective* appraisal of one's self.
- It does not have anything to do with how others experience you.





# What identifies people with high self-esteem?

➤ Voice: ???

➤ Mimics/Gestures: ???

➤ Posture: ???



# Outwardly observable

- Voice: clear, well-articulated, appropriate volume
- Mimics/Gestures: eye contact, use gestures to emphasize main points
- Posture: straight, upright



Not directly observable



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- Confident in one's own ability.



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- Confident in one's own ability.
- Accepting of errors or failures (without devaluing oneself).
- Introspective, ready to learn (also from errors/failures).
- Positive attitude towards oneself, for example, praising yourself for a success.



# Sources of self-worth

adapted from Potreck-Rose & Jacob, 2003





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- Self-worth is not constant, rather it can vary across different activities.



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- Self-worth is not constant, rather it can vary across different activities.
- The crucial point is whether we pay attention to only our weaknesses ("empty shelves") or also our strengths and abilities ("full shelves").



# People with low self-worth...

adapted from Potreck-Rose & Jacob, 2003

- ... tend to pay attention only to the areas in which they view themselves as a "failure".



Failure!

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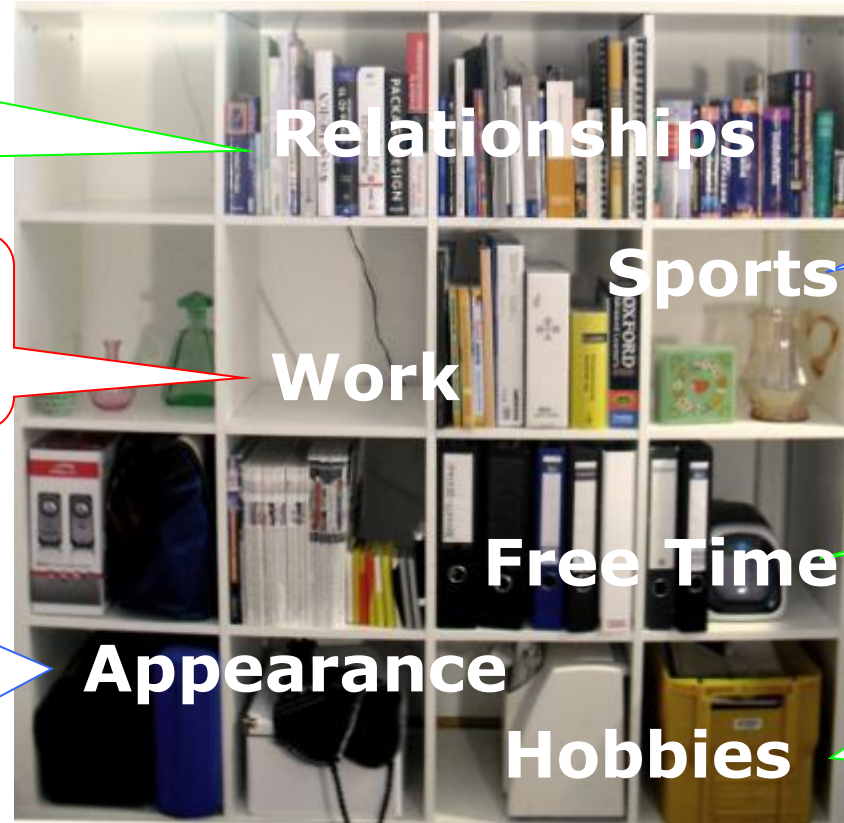
- ... tend to pay attention only to the areas in which they view themselves as a "failure".
- ... tend to make global appraisals of self-worth ("I am worthless").
- ... do not differentiate between the whole person and a behavior (something unsuccessful = failure).



Failure!

# Nothing held back...

adapted from Potreck-Rose & Jacob, 2003



**Relationships**

*A good listener;  
remember  
birthdays; Happily  
support others;  
honest ...*

*Can't catch a ball;  
can't throw very far;  
a good dancer and  
have fun doing it ...*

**Sports**

*Took the "wrong"  
job; currently out of  
work ...*

**Work**

*Good at decorating  
my apartment; enjoy  
cooking for others ...*

**Free Time**

*Satisfied with  
height and facial  
features; unhappy  
with weight ...*

**Appearance**

*A reliable choir  
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**Hobbies**

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**Work**  
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**Appearance**  
*Satisfied with height and facial features; unhappy with weight ...*

**Hobbies**  
*A reliable choir member; have a good sense of rhythm ...*

What areas could you give more attention to?  
What "lost strengths" might you find?



# Remembering your strengths

## How to remind yourself





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An assumption that might get in the way: "Don't toot your own horn!"



# Remembering your strengths

## How to remind yourself

### 1. Consider your own strengths:

*What have I been successful at? What have I received compliments for? What do others like about me? Where have I already succeeded?  
Ex: I'm crafty ...*



# Remembering your strengths

## How to remind yourself

1. **Consider your own strengths:**  
*What have I been successful at? What have I received compliments for? What do others like about me? Where have I already succeeded?*  
*Ex: I'm crafty ...*
2. **Imagine a concrete situation:**  
*When and where? What did I specifically do or who gave me confirmation?*  
*Ex: Last week I helped a friend redecorate, that was a huge help for her ...*



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*Ex: I'm crafty ...*
- 2. Imagine a concrete situation:**  
*When and where? What did I specifically do or who gave me confirmation?*  
*Ex: Last week I helped a friend redecorate, that was a huge help for her ...*
- 3. Write it down!**  
*Regularly write and expand your list. In emergencies, review it (ex: when you are feeling worthless).*  
*Ex: Write about times when things are going well or you have received a compliment.*

# Comparing with others

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Do you often compare yourself with others?

If so, with whom?

How do you fair in these comparisons?

# Comparing with others

cf. Potreck-Rose, 2006

Quickly and without noticing it, we compare ourselves with others. This is normal.

With whom and in what areas we compare ourselves may influence our self-worth:



- If in comparing yourself, you always "come up short", because the "ideal" is unattainable or the comparison is unfair, then your self-worth suffers.

# Examples for unfair comparisons?

cf. Potreck-Rose, 2006

- Young girls that compare their appearance with models in women's magazines (models with their own fitness trainers, professional make-up and photo touch-ups, etc.).



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- Young girls that compare their appearance with models in women's magazines (models with their own fitness trainers, professional make-up and photo touch-ups, etc.).
- Employees who compare their achievements with the company's founder (more work experience, different training, etc.).
- Additionally: include all areas of life when you're assessing a seemingly "perfect" biography ...

# What do these 5 people have in common?

Robbie Williams  
Marilyn Monroe  
Jim Carry  
Amy Winehouse  
David Beckham

???



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... famous, rich, attractive, successful???

**BUT:** Every one of these famous people has or had psychological problems.



# „A Perfect Life...?“

**Robbie Williams** became famous as a member of the band "Take That," which he eventually had to leave because of drug use. Later, he began a successful career as a singer. In February 2007, he was admitted to a clinic for addiction to pills and depression.

A famous model and actress **Marilyn Monroe** suffered from drug and alcohol problems throughout her career. Finally, at 36, an overdose of sleep medications ended her life.

The comic and actor **Jim Carrey** suffered for many years from severe depression. At first, anti-depressant medications helped him to overcome low periods. Today, he has discontinued anti-depressant medications and has successfully used other strategies (ex: a balanced diet, psychotherapy) to treat his depression.

At 18 years old, the British soul singer and writer **Amy Winehouse** began her successful music career. Because of "complete exhaustion" and drug use, she suffered a "nervous breakdown" and had to cancel several concerts in the summer of 2007. She also suffered from anorexia and bulimia. She died from alcohol poisoning.

The British soccer star **David Beckham** suffers from obsessive-compulsive disorder. It's very difficult for him when something in his environment is out of order or not symmetrically placed. In an interview, Beckham stated that he frequently loses time and experiences interpersonal conflicts as a result.



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excessively high standard?



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- "I cannot make a mistake."
  - Even during repetitive work, a 5% error rate is normal. To err is human!
- Striving for perfection can result in feeling unhappy and anxious.
  - Many concert musicians, from whom perfection was expected, have developed anxiety disorders due to the fear of failure.



# Tips to improve mood and self-worth

**???**



# Tips to improve mood and self-worth

➤ Joy Diary: Jot down things every evening that went well. Go through them in your mind.



➤ Accept compliments and jot them down as briefly as possible so that during difficult times you can go back to them (a reserve!).

➤ What is put down on paper is often more accurately perceived compared to memories, which during bad moods are not reliably available and may be inaccurate.



# Tips to improve mood and self-worth

- Positive activities: Do things that are good for you – if possible, with other people (ex: see a movie, go for coffee with a friend).
- Physical activity (at least 20 minutes) – no torture – possibly cardio exercises such as walking or jogging.
- Listen to your favorite "feel good" music!



# Self-Worth Learning Points



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- Search after forgotten strengths and work toward a balanced self-awareness, such as through keeping a daily joy diary.



# Self-Worth

## Learning Points

- Self-worth is the worth, that a person places on *him or herself*.
- Try to take into account your self-worth in different areas of life (work, free time, relationships, etc.) and to strengthen them!
- Search after forgotten strengths and work toward a balanced self-awareness, such as through keeping a daily joy diary.
- When you compare yourself with others, try to be fair! Do not start comparing yourself with the stars (although, as we've seen, away from the spotlight, these people may also not be perfect or always happy).



# Homework:

## The Story of a Count...

... he became very, very old because he was an enjoyer of life, "par excellence." He never left his house without a handful of beans in his pocket. He did not chew the beans. No, he took them with him so that he could more consciously notice the wonderful times of the day and he could count them.

For every positive moment that he experienced throughout the day – for example, a friendly chat on the street, a laughing woman, a delicious meal, a fine cigar, a shaded place in the midday heat, a glass of good wine – for everything that pleased the senses, he moved a bean from his right jacket pocket to the left. Sometimes he moved two or three beans at one time.

In the evenings, he sat at home and counted the beans in his left jacket pocket. He celebrated these minutes. In this way, he reminded himself of how many pleasant moments he experienced that day and this made him happy. And, even on days in which he counted merely one bean, the day was successful – it was worth living for.

**Thank you!**

