

1. Record Nr.	UNINA9910798569603321
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Titolo	Self-esteem : a proven program of cognitive techniques for assessing, improving & maintaining your self-esteem // Matthew McKay, Patrick Fanning
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , 2016 ©2016
ISBN	1-62625-394-3
Edizione	[Fourth edition.]
Descrizione fisica	1 online resource (373 pages)
Disciplina	158.1
Soggetti	Self-esteem
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Chapter 1. The nature of self-esteem. Causes and effects ; How to use this book ; For the therapist -- Chapter 2. The pathological critic. An arsenal of shoulds ; The origin of the critic ; Why you listen to the critic ; The role of reinforcement ; The variable-ratio reinforcement schedule ; How the critic gets reinforced ; Catching your critic -- Chapter 3. Disarming the critic. Unmasking his purpose ; Talking back ; Making your critic useless ; Summary chart -- Chapter 4. Accurate self-assessment. Self-concept inventory ; Listing your weaknesses ; Listing your strengths ; A new self-description ; Celebrate your strengths -- Chapter 5. Cognitive distortions. The distortions ; Combating distortions -- Chapter 6. Defusing painful thoughts. Watching your thoughts ; Letting go of thoughts ; Combining watching, labeling, and letting go ; Distancing from the critic ; Example: Tony and the three questions -- Chapter 7. Compassion. Compassion defined ; Toward a compassionate mind ; The compassionate response ; The problem of worth ; Affirming your worth ; Compassion for others ; Empathy -- Chapter 8. The shoulds. How values are formed ; The tyranny of the shoulds ; Healthy versus unhealthy values ; How shoulds affect your self-esteem ; Discovering your shoulds ; Challenging and revising your shoulds ; Cutting off the should ; Atonement-when shoulds make sense -- Chapter 9. Acting on your values. Life domains ; Ten weeks to put values into action ; Planning committed action -- Chapter 10.

Handling mistakes. Reframing mistakes ; The problem of awareness ; Responsibility ; The limits of awareness ; The habit of awareness ; Raising your mistake consciousness -- Chapter 11. Responding to criticism. The myth of reality ; Responding to criticism ; Putting it all together -- Chapter 12. Asking for what you want. Your legitimate needs ; Needs versus wants ; Wants into words ; Distilling the assertive request ; Whole messages -- Chapter 13. Goal setting and planning. What do you want? ; Selecting goals to work on: the first cut ; Selecting goals to work on: the evaluation ; Making your goals specific ; Making mental movies ; Listing the steps ; Making a commitment ; Blocks to achieving goals ; Insufficient planning ; Insufficient knowledge ; Poor time management ; Unrealistic goals -- Chapter 14. Visualization. Why visualization works ; Visualization exercises ; Rules for creating effective self-esteem visualizations ; Self-esteem sessions ; Special considerations; -- Chapter 15. I'm still not okay. A special vulnerability ; Protecting against the pain ; Facing the pain ; The option of therapy -- Chapter 16. Core beliefs. Identifying core beliefs ; New core beliefs -- Chapter 17. Building self-esteem in children by Judith McKay, RN ; The power of parents ; Parents as mirrors ; Look at your child ; Listening ; The language of self-esteem ; Praise ; Correcting your child ; Discipline ; The case against punishment ; Make it easy to do it right ; Involve your child in solving problems ; The facts of life-consequences ; Autonomy ; Promoting social skills ; Modeling self-esteem -- Bibliography.

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#### Sommario/riassunto

If you struggle with low self-esteem, or you're seeking positive and effective ways of building a healthy sense of self-worth, this much-anticipated fourth edition of the best-selling classic by Matthew McKay is your go-to guide. This fully revised edition features an innovative application of acceptance and commitment therapy (ACT) to self-esteem, and utilizes updated cognitive behavioral therapy (CBT) to help you create positive change and thrive.--

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