

UNDERSTANDING TRUE WORTH

Aaron Martinez M.Ed. LPC
Owner / Therapist of Still Water Therapy

WORTH

As a noun

- the value equivalent to that of someone or something under consideration; the level at which someone or something deserves to be valued or rated.

As an adjective

- equivalent in value to the sum or item specified.

WORTH IS WHAT OFTEN WHAT WE ASCRIBE MEANING OR VALUE TO BASED OF OUR OWN PERSONAL PERSPECTIVE OR THE PERSPECTIVE WE THINK OTHERS HAVE OF US. OFTEN BASED ON BOTH EXTERNAL AND INTERNAL VIEWS.

DEFINING VALUE



LISTENING TO OUR LOWEST BIDDER.



WHERE DOES YOUR OR WORTH COME FROM?

How many likes you have on instagram, facebook, or twitter?

How much money your able to accumulate or how nice of a car you have?

From your work colleagues, children, or spouse's respect?

Being close to ones you love like family and friends?

Ultimately i would personally say God but where does that worth come from God and how?

SELF WORTH ISSUES PREVALENCE

Self-worth issues are often associated with teens and or young adults.

I most if not not all adults often struggle with self worth issues constantly if not more than even teens.

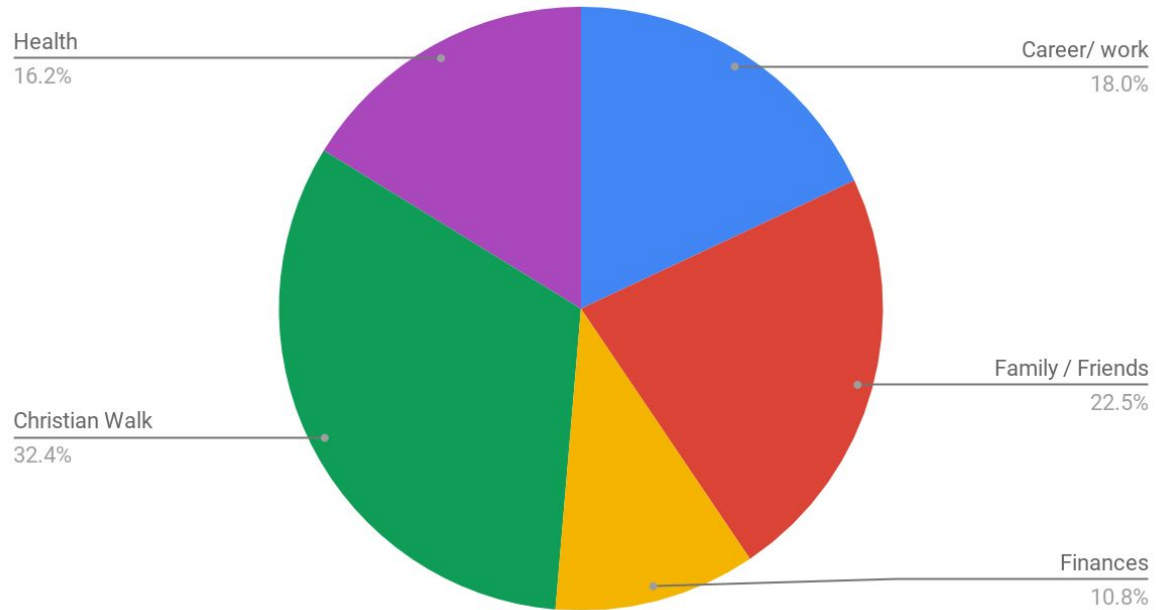
IMPACT OF SELF WORTH ISSUES.

- Depression
- Anxiety
- Aggressive talk or behavior
- Disregard for others a hyper focus on self
- Overcompensation behaviors
- Avoidance behaviors

Deep down we are all insecure about something in our life.
Chip Ingram.

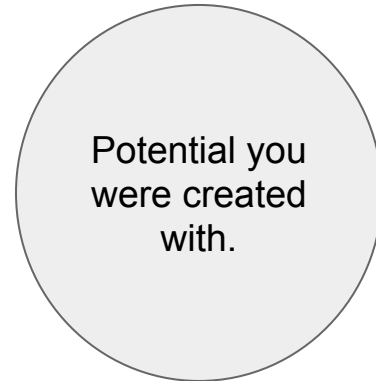
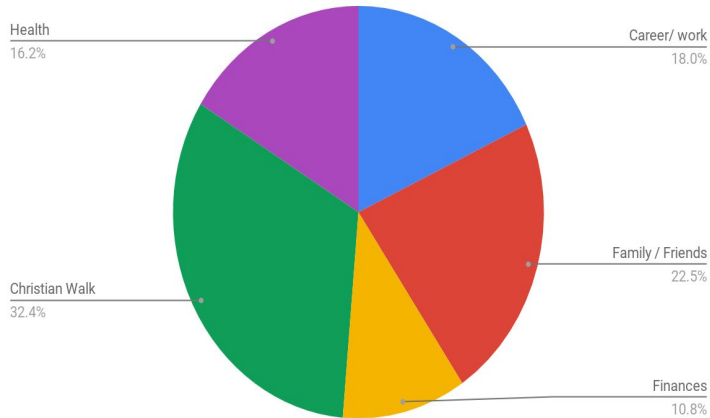
A WEAK FOUNDATION FOR SELF-WORTH

Self Worth Chart



MOVING FROM SELF WORTH BASED ON AN EXTERNAL AND INTERNAL PERSPECTIVES TO WORTH FOUNDED ON YOUR POTENTIAL.

Self Worth Chart

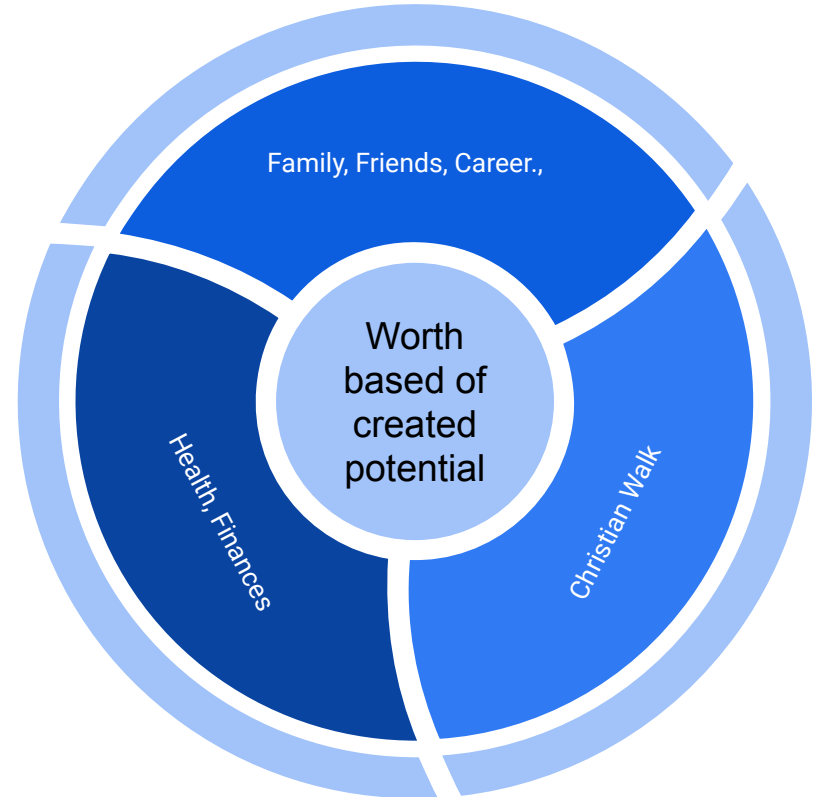
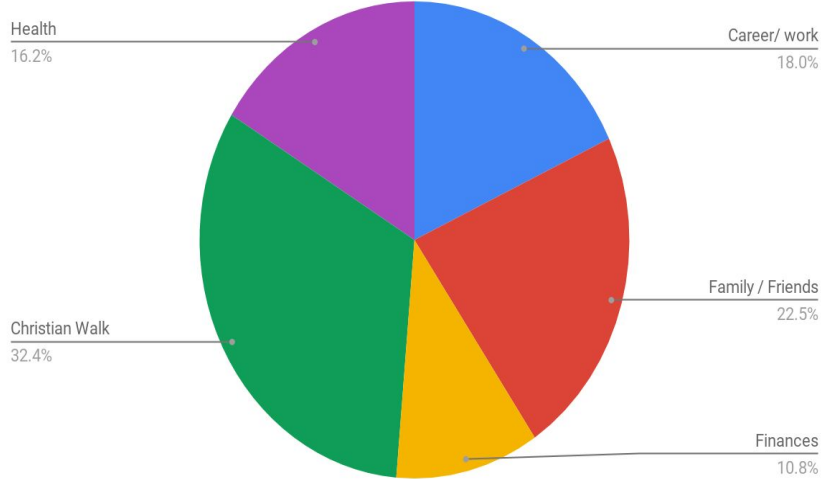


MY EXAMPLE OF POTENTIAL LIMITED BY EXTERNAL FACTORS



WHAT THAT LOOKS LIKE IN COMPARISON.

Self Worth Chart



WORTH HAS NEVER BEEN FOUNDED ON YOU. IT'S ALWAYS BEEN FOUNDED ON WHAT YOU COULD BECOME AND THE POTENTIAL YOU WERE CREATED WITH AND CONSTANTLY GROWING TOWARDS.

WHAT DOES THIS MEAN...

Even if you think you are a screw up you are one of the rarest things that exist in the universe.

From A christian perspective your value is not based of our limited understanding of our current surroundings but is much bigger than we could ever fully fathom.

So we need to love ourselves instead of beat ourselves up and we also need to love other because they are just as rare as you are.

THE GAP BETWEEN WHO WE WANT TO BE AND WHO WE ARE TODAY



The more we see the gap in who we would like to be which is founded in the that weak foundation to what we can become the more frustrated we get and the more it seems impossible.

HOW TO RECONCILE LIMITATIONS.



HOW DO WE RECONCILE THE GREAT GAP OF OUR FLAWS AND OUR POTENTIAL.

1. Have realistic perspective
 - a. You don't expect a newborn to be able to understand einstein's relativity equation. Life is a journey.
2. Accept that flaws are apart of your journey.
 - a. We are going to make mistakes.
 - b. Our mistakes can help us grow rather than limit us.
3. Recognize how your flaws can be your strengths.
 - a. You flaws can help you grow you.
4. On a spiritual level we are walking on our journey to become what we created to be in opposition to the brokenness in our life.

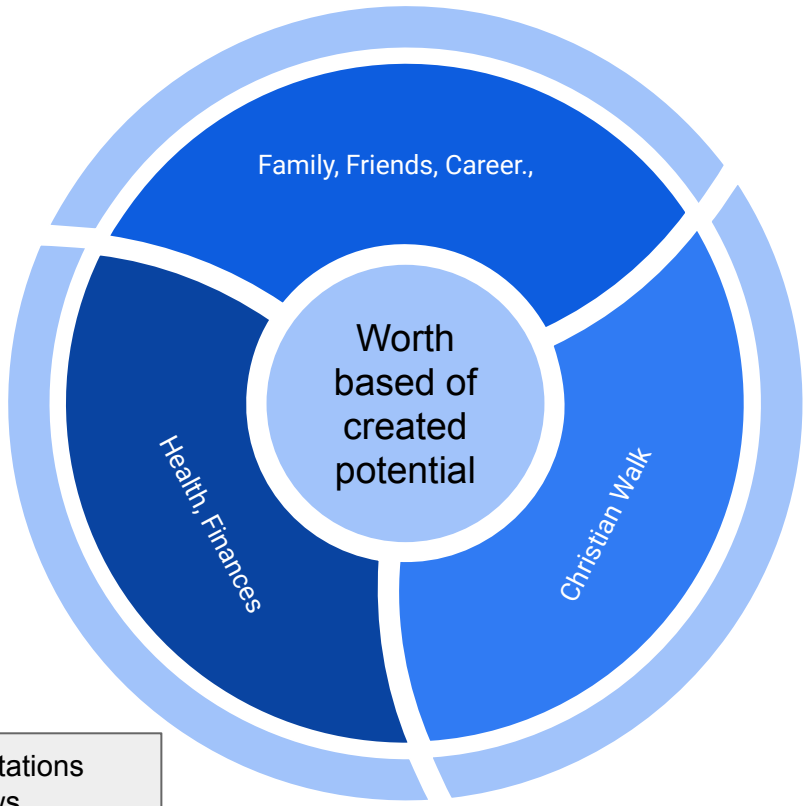
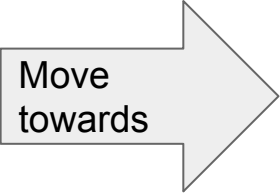
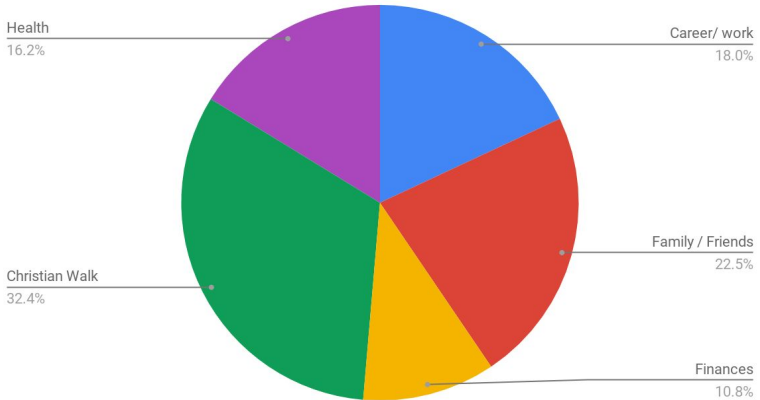
TRAPS TO AVOID

As you expand and grow into your created potential don't let your mistakes move your perspective of your worth back to a that weak foundation.

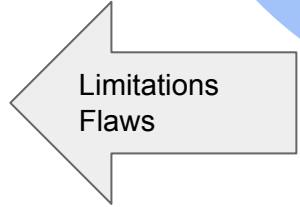
The secret to moving forward is being content with where you are today.

Just because your potential is limitless does not mean you are perfect. Be open to criticism so you can continue to grow.

Self Worth Chart



Avoid the trap of limitations sending you back to a weak self-worth



Let your limitations be apart of your journey to your created potential.

