

The esteem you need

A Love gift

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colophon

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Definitions of Greek and Hebrew words are taken from *Strong's Expanded Exhaustive Concordance of the Bible* by James Strong.

Definitions of words are taken from Google dictionary online.

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Introduction

'How to get rid of low self-esteem' *'How to be confident in your own skin'* *'How to get self-confidence'* *'How to master self-love.'* Just a few fictive titles of books I've read, so you will get the picture. I needed self-confidence because I had none. To be clear: zero, nada, nothing. That was my self-confidence. Also, my self-esteem was nowhere to be found. I thought awful things about myself. I saw myself as an ugly, monstrous, stupid, and dumb human being. I always said silly things, doubted myself and continuously compared myself with others. Other people were in my mind better than me; they were intelligent, beautiful, clever, fast forward, pleasant and friendly.

I was always busy trying to behave myself in the best way so that people would like me. Because of this, I was always tired. It takes a lot of effort to try to look your best when you are messed up to the core. People-pleasing was one of my best attributes. For instance, I have done so many things in my life without putting my heart into it. I didn't want to do it but did it for the sake of other people for them to like me. I have attended many parties I didn't want to go to, drink a lot of coffees with persons I didn't actually like in my heart nor to have a friendship with. I have worked so many overtime hours because I couldn't say no at my job. I was loaded, not with money, but with a weight that just seemed to get bigger and bigger. It was almost unbearable. But I did anyway. Because I thought I needed to be strong, I needed to be a good person; I needed to be great. I didn't want anybody to think wrong or bad about me. I wanted to be a superhuman who could handle all things in life and rise above them. Of course, this is almost impossible. But by trying to act like a superhuman for others, I made it even worse. I was getting more messed up by the minute, without realizing it.

Unfortunately, I am not the only one with this problem. I believe it is a pandemic. It looks like everyone is in need of self-esteem or is looking for self-confidence. Many people are stressed out and even burned out for a prolonged period of time. When you look on the Internet for a self-help book on confidence, the titles are endless. Besides these books, the number of workshops, coaching, and training on getting rid of low self-esteem are enormous.

Even in the church, this topic is hot. When I received salvation from Jesus Christ and chose to follow Him, I experienced a lot of love like never before. This love was incredible! It changed me for the better. But still, I wasn't confident. My self-esteem was six feet under. I loved God, Christ, the Holy Spirit, and the Word of God, but I didn't love myself. I kept comparing myself with others and saw myself as a gigantic monster. I always tried to make and be the best for everyone and everybody except to myself.

In church, I received a lot of training on this subject. Besides training, I went to a lot of workshops and even received one on one help. It would help me a little bit, and I felt better about myself for a few weeks. But, then, when something happened at work, such as having a job evaluation conversation or making a mistake at work. Or when I tried to say no to friends, and they got a bit angry with me, and out of fear, I would say yes again, my self-confidence got a slap. It felt like I fell out a window down from a building ten departments high. Then I would pick myself up once again, get back up, and try. And try, and try, and try. I'd tried to be the best version of myself for others; I even tried to incorporate what I learned from the training of the church I went to. But it all didn't help. I was stuck in a big large without an end circle. Does this sound familiar to you?

Well, if so, I got news for you. Not just some news or news that would be nice. No! I have THE good news for you! I will serve you the gospel throughout this book. So you can get rid of this self-confidence and self-esteem search once and for all. I can boldly proclaim this because

I have gotten rid of this misleading error. Yes, I call self-esteem and self-confidence misleading errors; you have read it correctly. For many people, this might sound strange; after all, what is wrong with self-esteem and self-confidence. However, I have learned that when I found freedom in Christ, I didn't need self-esteem and self-confidence anymore. I will explain why throughout this book. But the core reason for having security in life is Jesus.

Maybe my story is not your story, and is yours more distressing than mine. Or your story is less upsetting; either way, we all are human beings. Looking for stability and confidence in life. I found this all in the love of Christ, or better said, in the love that Jesus has for me. No matter what I do in life, whatever mistakes I make, He still loves me. The best thing that I have found out is that you can always be yourself with Christ. I don't have to be a superhuman for Him because He is the Super Person I rely on. Because of this, I learned how to deal with myself and other people. So I could say farewell to people-pleasing and the search for self-esteem and self-confidence. If you want this as well and want to learn how and why this book is for you. Let me help you and share my experience and start this journey together throughout this book!

Chapter 1

The *why* behind it

Self-confidence and self-esteem. As I previously wrote in the introduction, I see them both as errors. Why am I saying this? Maybe you wonder if I am in my right mind or losing it altogether. Please, let me explain it to you! First, let us find out the meaning of self-confidence and self-esteem.

The dictionary says as follow:

Self-confidence: confidence in oneself and in one's powers and abilities. Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself.

Self-esteem: a confidence and satisfaction in oneself. In psychology, the term self-esteem is used to describe a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances.

Self-confidence and self-esteem are almost similar. However, only self-esteem has the focus on your personal worth and value. Self-confidence is the confidence you have in your own ability and skills.

When you read all of this, it looks like there is nothing wrong with it, don't you think? At least I felt this way. What is wrong with finding out your worth? Or what is wrong with a little bit of confidence. Most of the churches I have visited even proclaim that it is good to have self-confidence. They give you courses on how to love yourself more and more. Let me introduce to you a better way: Christ confidence, Christ esteem instead of self-confidence and self-esteem. I wished I had