

NOT ALL SELF-WORTH *is created equal*

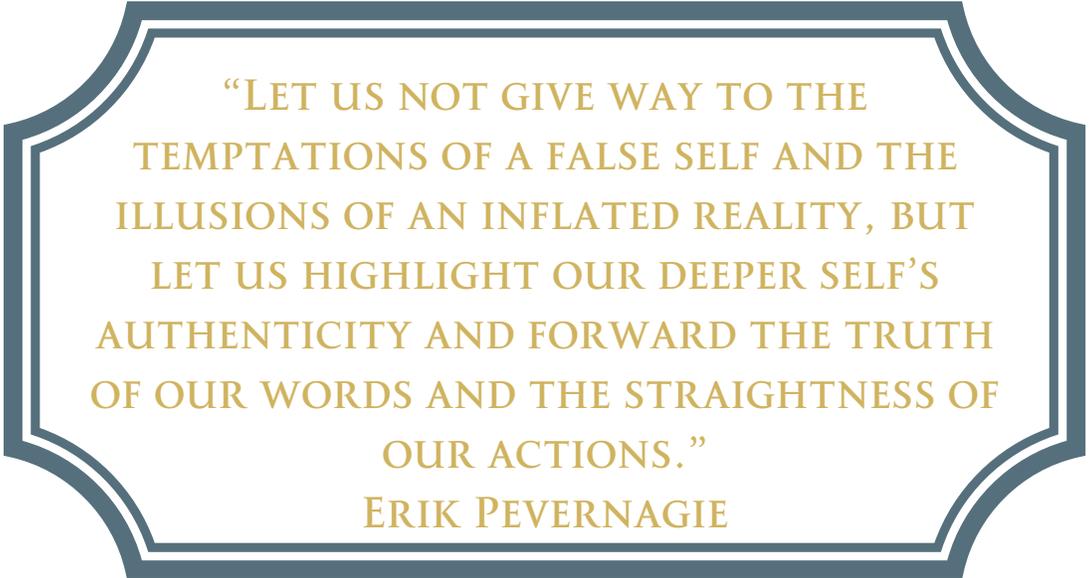
According to Dictionary.com, self-worth is “the sense of one’s own value or worth as a person; self-esteem; self-respect.”

If we have a sense of our own value, then no number of rejections could possibly drain it away, right? But, what happens if, during the process of rejection—by a lover, a job, an invitation—we feel our sense of self-worth slipping away?

Well, then, I would argue that perhaps that wasn't true self-worth after all.

Below are four different types of self-worth to explore. As you read, ask yourself — What kind of self-worth keeps you going?

If you conclude that yours is not entirely intrinsic, I’ve included some steps you can take to build up lasting, intrinsic self-worth up.



“LET US NOT GIVE WAY TO THE
TEMPTATIONS OF A FALSE SELF AND THE
ILLUSIONS OF AN INFLATED REALITY, BUT
LET US HIGHLIGHT OUR DEEPER SELF’S
AUTHENTICITY AND FORWARD THE TRUTH
OF OUR WORDS AND THE STRAIGHTNESS OF
OUR ACTIONS.”
ERIK PEVERNAGIE

FOUR TYPES OF SELF-WORTH

COMBATIVE

A good representation of this kind of self-worth is the movie "The Breakfast Club." Each of those characters certainly walked the halls of school with this kind of blustery self-worth. As we learn in the film, though, this self-esteem is only a facade. A mask. And it's dependent on them being different, odd, unique, outside. The moment their outsidership falls away, they see the brokenness in themselves and their commonality with others. The facade slips away and the truth comes out.

COMPARATIVE

Comparative self-worth depends on there always being people who have done worse, which leaves little room for us to create a more equal society.

It is a hierarchical self-worth that is not self-sustaining. Having only this kind of self-worth makes it impossible to truly be happy for other people's success if it surpasses your own. It keeps us living in a world of comparison, separation, and ultimately, loneliness. Like combative self-worth, it doesn't have staying power in and of itself.

FOUR TYPES OF SELF-WORTH

CONDITIONAL

Conditional self-worth resides in the belief that we have to earn the right to feel worthy. This one doesn't require us necessarily to compare ourselves with others, but instead has us comparing our achievements to imaginary, often impossible standards.

Conditional self-worth sources entirely from our accomplishments, titles, and status. It, too, is not enough to carry us through a lifetime, never mind a particularly harsh string of rejections.

INTRINSIC

The fourth and final type of self-worth is intrinsic self-worth. As opposed to the first three types of self-worth that stem from ego, intrinsic self-worth is soul-based. It is part of who we are and does not need other people to push off of, do better than, or provide us with accolades or praise.

Because it is independent of OPOs (other people's opinions), it can withstand the harshest of rejections, the most exclusive of exclusions, and the most breaking of heartbreaks.

HOW TO BUILD INTRINSIC SELF-WORTH

LET THE OLD SELF-WORTH RESERVOIR RUN DRY

In order to build up something new, we have to let the old drain away. If you've been feeling a lack of self-worth, perhaps rather than fighting for it with old, ingrained tools of defensiveness and pride. Let yourself sit in the space of nothingness, as a healthier, more stable self-worth begins to build.

FIND SELF-WORTH ROLE MODELS

Find someone in your life whose self-worth seems to come from a place beyond ego. Watch how they navigate loss or "failure." Take cues—chances are, they navigate these times and spaces with honesty, grace, and ease.

Find someone who, if they never had another 'win' again in this lifetime, it would not change who they are or how they view themselves.

HOW TO BUILD INTRINSIC SELF-WORTH

CONNECT WITH YOUR SOUL

Whether through a formal spiritual practice or simply through walks in nature, find out who you are beneath the layers and the titles. Challenge your ego and its many desires for fame or fortune. Seek a relationship with the part of yourself that is wise beyond our limited earth years.

Unlike the other types of self-worth that are dependent on other people and outside circumstances, intrinsic self-worth needs only a connection with our souls. We are worthy because we exist, and it's not more complicated than that.

CONCLUSION

The first three types of self-worth – combative, comparative, and conditional – are all ego-based, external self-worth. They are not built to last a lifetime. In fact, they are designed to self-destruct.

This is not the same thing as not feeling sad, disappointed, or even frustrated. Our emotions still get to have their say. It's simply a matter of not tying the rejections, or the acceptances for that matter, to my sense of value and worth.

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FURTHER RESOURCES

FOR EXPLORATION & PERSONAL GROWTH

BLOG POSTS

[Six Real-Life Ways to Experience Inner Peace](#)

[Six Effects of Spiritual Practice That Have Nothing to Do With Finding Peace](#)

[Take the Infinite Approach to Your Life and Work](#)

[Why You Should Close the Door Behind You When You Leave](#)

[The Unappreciated Value of an Empty Life](#)

BOOK

[Embodying Soul: A Return to Wholeness](#)

FACEBOOK GROUP

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