

The Five Building Blocks of Self-Esteem

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The following building blocks, based on the five components found in individuals with high self-esteem, are the sequential esteem-building steps incorporated into the curriculum, *Esteem Builders* by Michele Borba.

BUILDING BLOCK

STEPS FOR ESTEEM BUILDER

Security

A feeling of strong assuredness. Involves feeling comfortable and safe; knowing what is expected; being able to depend on individuals and situations; comprehending rules and limits.

1. Build a trusting relationship.
2. Set reasonable limits and rules that are consistently enforced.
3. Create a positive and caring environment.

Selfhood

A feeling of individuality. Acquiring self-knowledge, which includes an accurate and realistic self-description sources of influence on the self.

1. Reinforce more accurate self-descriptions.
2. Provides opportunities to discover major sources in terms of roles, attributes, and physical characteristics.
- 3 Build an awareness of unique qualities.
4. Enhance ability to identify and express emotions.

Affiliation

A feeling of belonging, acceptance, or relatedness, particularly in relationships that are considered important. Feeling approved of, appreciated, and respected by others.

1. Promote inclusion and acceptance within group.
2. Provide opportunities to discover interests, capabilities, and backgrounds of others.
3. Increase awareness and skills in friendship making.
4. Encourage peer approval and support.

Mission

A feeling of purpose and motivation in life. Self-empowerment through setting realistic and achievable goals and being willing to take responsibility for the consequences of one's decisions.

1. Enhance ability to make decisions, seek alternatives, and identify consequences.
2. Aid in charting present and past academic and Behavioral performances.
3. Teach the steps to successful goal-setting.

Competence

A feeling of success and accomplishment in things regarded as important or valuable. Aware of strengths and able to accept weaknesses.

1. Provide opportunities to increase awareness of individual competencies and strengths.
2. Teach how to record and evaluate progress.
3. Provide feedback on how to accept weaknesses and profit from mistakes.
4. Teach the importance of self-praise for accomplishments.