



Put it into Practice

Now that you understand how self-esteem is developed, help your child build confidence and resilience using the sphere of control.

On a sheet of paper draw 3 circles inside of each other. The center is the control sphere. Grab a pen and help your child list all of the things that are in their control. List as many things as you can think of.

For example, I can control how I respond to stress. I can control what I wear. I can control my thoughts and words.

The second circle is the influence sphere. Help your child list all of the things they have an influence on, but no direct control over.

For example, the actions and words of others. We can influence others but have no direct control over them. Your child may list things like schoolwork, or what they eat for dinner. Again list as many things as you can think of they that can influence but not control.

The third circle is all the things they cannot influence or control. For example, politics, the topics they learn at school, the weather, how tall they are, how others react and behave.



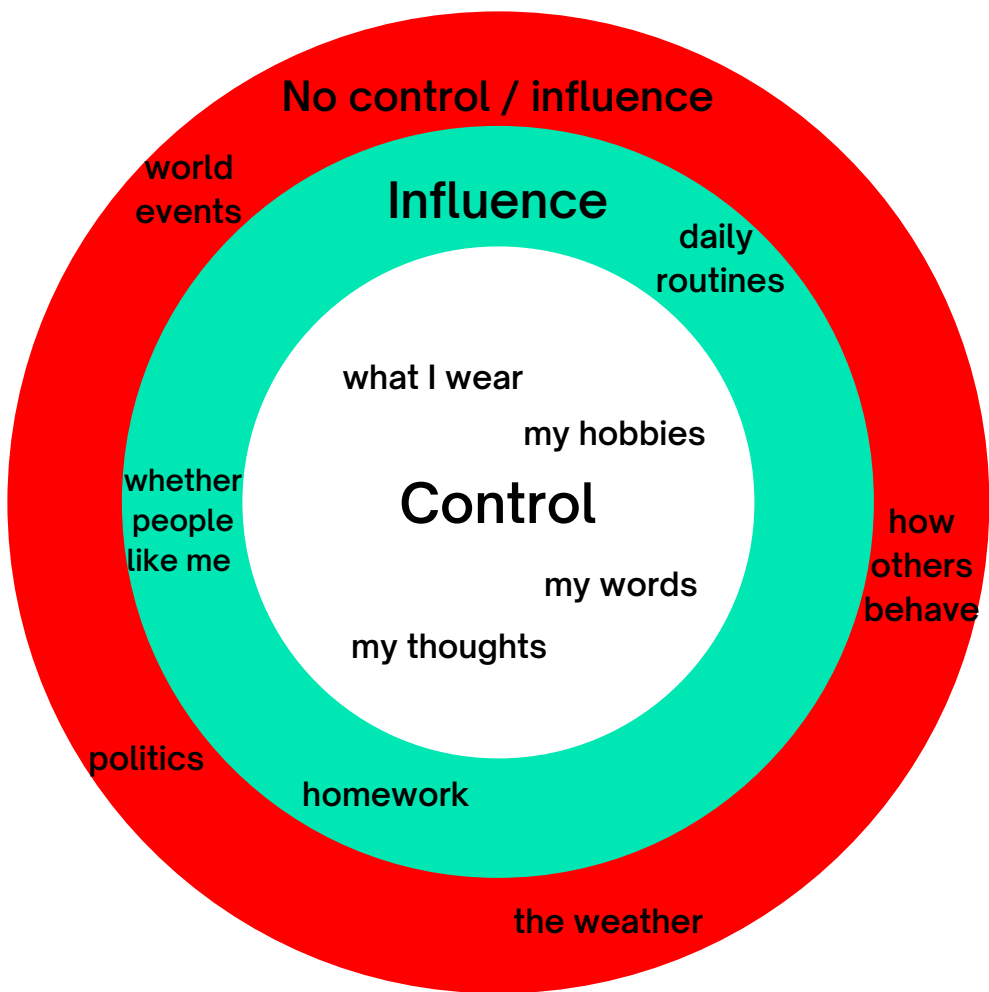
To the side in bullet point format, help your child to list all the things they are concerned about. Then help them to choose which circles their concerns belong to.

This helps them to understand their fears and anxieties in a logical way. It helps them to let go of the things they cannot control, and work on the things they can control.

For example, they might be worried about how others perceive them. They learn they can control their actions and how they treat others, but they cannot control how others treat them. They learn that sometimes others will treat you badly even when you are nice to them. How others act and perceive them is outside of their control.

This is empowering because they learn to take responsibility for themselves and understand the emotional lives of others too. It's a great method to use and to have on the wall, especially if your child is prone to anxiety. Whenever they feel worried about something they can look at the spheres and think about where their worry belongs.

Do they have direct control over what is worrying them? Some influence, or no control whatsoever? This exercise will help them open up to you as well, so make sure you do it together. Set the atmosphere right and make it a fun teaching moment.



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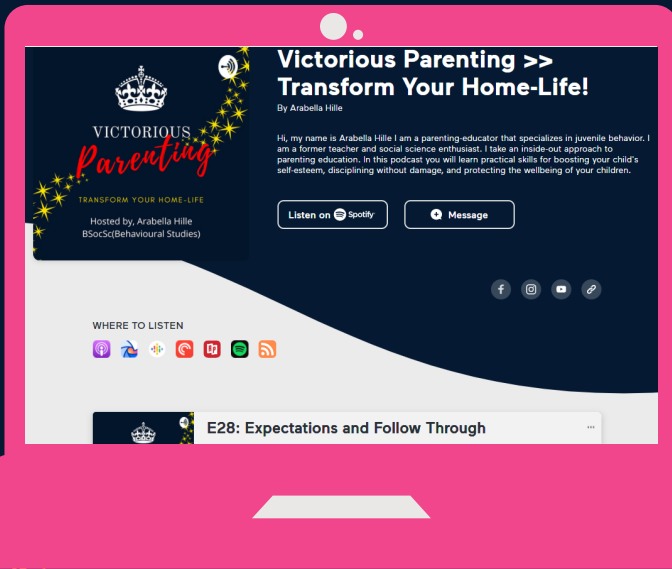




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