

SWK 556/456: Generalist SWK Practice II: Groups, Orgs & Communities
Spring 2022

Journal and Reflections on Group Presentation #6: Title: **“Self Esteem”** Date: 4/2/2022

This group presentation was done in a straightforward and simple approach, yet necessary structural and content were incorporated. Though it was not clearly stated the composition, eligibility, and appropriateness of this group, the topic of “Self Esteem” was well defined and articulated at the start of the meeting. Self-Esteem being personal and individual’s subjective evaluation of their own worth, encompasses beliefs about oneself as well as emotional states such as shame and despair among others.

In self-identifying our own self of personal worth and value, the discussion was focused on weighing the both ends of spectrum such as being in Low-Self Esteem or in the High Self Esteem. That within the cycle of thoughts, such as what we think influences what we believe. The belief, according to the author, will directs one’s how to feel. The way one’s feel changes the idea that promotes action. The behavior creates thoughts. This process becoming circling back from the beginning of having a certain thought about oneself. Within the cycle, it is important that someone must be aware of on-going flow of thoughts which directs to feel confident, secure, competent and the known identity. The motto that “what we think, we are, I believe is rooted by Biblical perspective in Proverbs 23:7 “For as he thinketh in his heart, so is he:.

I believe the group leader had provided details about the group, stating it is a closed group of 6 sessions on Sundays at 2-3:30pm on zoom with Meeting ID and PW. The agenda was enumerated including setting boundaries, challenging negative perception about self, welcoming failure as a part of growth, daily confirmations, getting in tune with what you want, and

obtaining a goal. The presentation was very intentional and very helpful as personal reminder to help me understand my everyday thoughts are important for my well-being. Thank you.