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Be a Good Parent to Yourself

- Make it a goal to congratulate or affirm yourself on an ongoing basis for anything positive you did that was somewhat challenging, no matter how small or imperfect. Be specific. Do not let your perfectionistic tendencies lead you to disqualify the positive. If you are troubled by any mistakes or other imperfections on your part, transform self criticism into a constructive learning experience by simply identifying what you can do differently next time. But *first* start with patting yourself on the back for the positive things you did.
- Make this process a new and ongoing habit you engage in frequently, at least once a day. This will help raise your self-esteem and self-confidence. Carrying or wearing a symbol every day (eg. a special piece of jewelry, a rubber wrist band, a religious object, a pretty stone, etc.) may help you remember to make this an ongoing, healthy life habit.