

TAKING RISKS FOR SELF-ESTEEM

Dr. Jane Bolton, PsyD, LMFT, CC
Psychotherapy and Master Results Life Coaching

A risk a day can keep the 'not good-enoughs' away. That was my mantra when I first started my own course of therapy decades ago. I made a pact with myself that I would do something that scared me every day. The results were amazing in building my self esteem.

Since then, in doing my academic studies, I learned that doing scary things that we know would be good for us, is universally beneficial. The scare factor has to be somewhere around 6-7 on a scale of 1-10 for the risking to make the difference. That's with 10 being the scariest thing we've experienced, and with 1 representing having no fear about it.

I find the following anonymous poem about risk inspiring. I hope you do too.

RISK

To laugh is to risk appearing the fool.
To weep is to risk appearing sentimental.
To reach out for another is to risk involvement.
To expose your feelings is to risk exposing your true self.
To place your ideas, your dreams, before a crowd is to risk their loss.
To love is to risk not being loved in return.
To live is to risk dying.
To hope is to risk despair.
To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to
Risk nothing.
Persons who risk nothing do nothing, have nothing,
And are nothing.
They may avoid suffering and sorrow, but they cannot learn,
Feel, change, grow,
Love, or live.
Chained by their attitudes, they are slaves, for they have forfeited
Their freedom.

Only a person who risks is free.

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com