

# Supporting Self Esteem

Some time ago a course produced the following list of categories of interventions which a facilitator might make to support self esteem either in counselling or in groups. They are reproduced here for your interest.

1. Placing the feeling in the moment. eg. It looks like at the moment you are feeling ...
2. Noticing changes. eg. So now you believe that ... whereas previously you would have thought ...
3. Giving credit for insight. eg. And it sounds as though what you have just said is new for you, a new discovery.
4. Reframing. eg. So what you just now called "being nasty" is actually a way of protecting the best part of you.
5. Allowing ambivalence. eg. And these two different feelings, the part of you that feels miserable, and the part that feels pleased, they are both here, both at the same time.
6. Noticing non-verbal signs. eg. I notice you have been following the discussion carefully and that you have begun to look a little worried.
7. Noticing energy. eg. I sense that you want to speak or make some kind of contact and are finding it difficult.
8. Making observations which invite interpretation without making the interpretation oneself. eg. I noticed your expression change as that thought came to you.
9. Noticing slight positives. eg. And in what you said just then there seemed just a hint of satisfaction about what you were describing.
10. Staying with the person in the darkest place. eg. It seems like we have now reached one of your dark places, that we are here together in this.
11. Creating links with other group members. eg. What you are saying seems in some ways to echo what X was telling us just now.
12. Noticing the person without pressure. eg. I just want you to know that I am aware of you.
13. Prizing the person. eg. And through all of these obstacles you have been describing in your life I have the sense of a person struggling to make something good.
14. Bringing the focus back to unfinished business. eg. And I remember we got into this discussion as a result of you talking about what you needed, which was . . .
15. Giving credit for sharing. eg. What you are saying now, it looks like it cost you a lot to say it, like you are sharing something very close to your heart.
16. Acknowledging positive goals. eg. And you want to be different.
17. Admitting mistakes. eg. So what I said just then was off the mark.
18. Inviting a person to speak. eg. I'm wondering if you would like to join in on this.
19. Acknowledging the person with eye contact.
20. Giving permission for silence. eg. It 's OK by me if you just come in when you want to.
21. Sharing own feeling. eg. I notice I am feeling a little anxious.
22. Noticing small changes. eg. And as you were speaking there it seemed like there was a small shift in your feelings.
23. Acknowledging contribution to a group. eg. What you said seems to have helped us.
24. Summarising for the benefit of people left behind by the discussion. eg. What has been said so far is ...
25. Valuing differences equally. eg. This is the same topic and each of you has a quite different feeling about it and I have a sense of how important each of these views are to each of you.
26. Giving credit for staying. eg. And you've stayed with us even though this discussion has been uncomfortable for you.