

Honoring your strengths

This document was developed in partnership with the PNH community and Dr. Guy Winch, psychologist and renowned expert in the science of emotional health.



The PNH effect

Living with PNH can sometimes impact your self-esteem. You may be frustrated that you don't have the energy to do certain activities, disappointed if you didn't get the promotion you hoped for, or feel guilty that you need help from your family or friends to get through the day. The problem is that when your self-esteem is low, you're more likely to be self-critical, bringing your self-esteem down even more.

So how can we break the cycle of low self-esteem? How can we revive our confidence and infuse pride in ourselves as we face each day?

Three steps to make a change

1

Focus on your positives

Make a list of all of your qualities, abilities, and skills.

Think holistically and include all elements, whether they seem big or small. Pay special attention to aspects that are relevant to your current situation and may be contributing to your low self-esteem. For example, are you worried about a relationship? A disappointment at work or school? Aim for at least 10-15 items on your list — the more, the better!

THOUGHT-STARTERS:

- **What qualities do you bring to the table in your relationships?**

Examples: loyal, funny, adventurous, good listener, make amazing muffins

- **What makes you a valuable friend, co-worker, employee, or student?**

Examples: reliable, strong work ethic, spreadsheet master, help others understand

2

Explain the why

Choose one of the items on your list and write down why your quality or skill is valuable.

- **Why is it an important quality or skill?** How have others appreciated that quality in the past, and how will it matter to others in the future?

Example: "I'm a good listener and have always been the friend someone leans on for help and support."

3

Repeat for a week!

Complete this writing assignment every day for at least a week and repeat it whenever you need a self-esteem boost. It's important to write or type your thoughts out and not just think about them. The physical act of writing helps you to identify and reverse the cycle of low self-esteem and truly gain confidence.

REMEMBER!

We all struggle with low self-esteem from time to time. To break the cycle, do the opposite of your natural inclination: focus on your positives and embrace the confidence and pride you deserve!



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