Jonathan Schiesel

SELF-ESTEEM IN RELATIONSHIP TO EXPECTATIONS

"Since I want you to be who you are not, I cannot perceive who you are.
Because I cannot perceive who you are, I want you to be who you are not….
I can only perceive you as you begin to fit my expectations. That's why I feel so much pressure to make you fit into my expectations…so that I can perceive you."

Because in the American culture there are no words to describe self-esteem between the two extremes of high self-esteem and low self-esteem we cannot in reality perceive each other. Without words of perception, we are actually close to invisible with each other. This forces us to make up, through expectations, what people are with whom we relate.

We make up the other person first through the construct of a series of expectations. One can only begin to perceive others as they begin to fit the created set of expectations. That's why there is so much pressure to make other people fit the expectations. It is in this way that we make the invisible people in our lives visible, and thus through the relationship with the fulfilling of expectations do we arrive at some sense of "reality."

This of course is unhealthy and in order to remedy this subconscious effort to relate to the invisible, the more healthy approach would be not to make up expectations, rather we need to access words and craft sentences that allows us to perceive each other.

THE ESSENSE OF SELF-ESTEEM

Instead of experiencing each other through expectations and the extremely polarized perception of self-esteem as "high" and "low," self-esteem would be better understood when seen as a derivative of one's level of function. How fully an individual functions determines how well they feel. To increase one's feeling of well being, one has to increase one's ability to function. The focus, therefore, has to be on function, and not on how one feels. To support this the "Self-Esteem Scale" based upon function is provided. *

* See Esteem Scale2