



El día que te quieras (Spanish Edition)

María Cecilia Betancur

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Por lo general, tanto en teoría como en la vida práctica, a la autoestima se la asocia con el concepto favorable o desfavorable que tienen de uno las personas significativas y con la trayectoria personal de éxitos y fracasos. Este hecho dificulta enormemente el esfuerzo por desarrollar un grado conveniente de amor propio, puesto que siempre está el medio social influyendo de una u otra forma, en la medida en que ofrece unos parámetros conforme a los cuales le otorga un valor a la persona o se lo niega y, a partir de ahí, los sentimientos de autoaceptación y amor suben o bajan. Por otra parte, parece difícil explicar por qué ciertas personas pueden hacer verbalmente un balance altamente favorable de sus valores personales apoyado en experiencias muy concretas y, no obstante, por los conflictos que las llevan hasta la sala de consulta, puede uno percibir que saben perfectamente cuáles son sus fortalezas y méritos personales, pero no creen en ellos. Al hacer su propio inventario, es como si estuvieran hablando de otras personas. He podido comprobar que toda esta inconsistencia empieza en la idea global de sí mismo que el individuo se forja a partir de las primeras experiencias de la infancia. Está claro que el autoconcepto, es decir, la idea que cada persona tiene de sí misma, es la base para el aprecio o el desprecio personal; por consiguiente, es fundamento del equilibrio psicológico, el cual se manifiesta en un comportamiento bien adaptado.

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