

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”

- Ephesians 2:10 (NLT)

Rebuilding Self-Worth After Trauma

Rebuilding self-worth is a journey of rediscovering our unique value. Self-worth is simply the belief that you have inherent value just because you are you. It means understanding that you are worthy of love, respect, and kindness, regardless of what you've been through or what others may say. Self-worth forms the foundation for how we see ourselves and how we allow others to treat us. However, life’s challenges and setbacks can sometimes cloud this sense of worth. By embracing practical strategies, we can learn to see ourselves with renewed clarity and confidence.

Ephesians 2:10 and Our Self-Worth

To truly understand our value, we must understand that our worth comes from God. Ephesians 2:10 beautifully illustrates this by saying, “*For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.*” This verse speaks directly to our self-worth by affirming that we are God’s “workmanship”—intentionally crafted with care and purpose. Our value is intrinsic, rooted in the Creator’s hands, rather than in our achievements, mistakes, or others’ opinions.

The phrase “*we are His workmanship*” comes from the Greek word *poiēma* (ποίημα), which means “something made” or “workmanship,” suggesting that we are God’s creation, crafted with intention, purpose, and care, much like a work of art or a poem. The word “*created*” in Greek, *ktizō* (κτίζω), signifies a divine creation, referring to a new beginning and transformation initiated by God for those who are in Christ.

The phrase “*in Christ Jesus*” (*en Christō Iēsou / ἐν Χριστῷ Ἰησοῦ*) indicates that this new creation happens within a relationship with Jesus. It marks our new identity and purpose found through union with Christ. The phrase “*unto good works*” uses the Greek word *ergon* (ἔργον), implying meaningful actions that align with God’s will, aimed at positively impacting the world.

“*Which God hath before ordained*” is derived from *proetoimazō* (προετοιμάζω), meaning “to prepare beforehand.” This word conveys that God has already planned these good works with

intention and foresight. Finally, “*that we should walk in them*” uses the Greek *peripateō* (περιπατέω), meaning “to live” or “conduct oneself.” This phrase suggests that these good works are meant to be an ongoing, daily expression of our faith.

Embracing Our Worth as God’s Masterpiece

When we understand that we are God’s workmanship, we can see our worth as something unchanging and sacred. We were uniquely designed by God to carry out meaningful work that He planned for us long before we existed. This perspective reshapes how we view ourselves, replacing doubt or insecurity with confidence and purpose. Embracing this truth encourages us to see ourselves through God’s perspective—as valuable, purpose-filled individuals.

Practical Strategies for Rebuilding Self-Worth

Building a Foundation of Self-Worth

This guide provides practical steps to nurture a healthy self-image, strengthen resilience, and embrace the truth that we are inherently worthy. Through self-reflection, affirmations, and supportive habits, we can cultivate a foundation of self-worth that empowers us to live fully and authentically in the unique path God has set for us.

Practical Strategies

- 1. Affirm Your Identity and Worth:** Remind yourself daily of your inherent value. Write affirmations or truths about who you are, based on either your faith or personal strengths, and place them where you can see them regularly.
- 2. Practice Self-Compassion:** Speak kindly to yourself, especially in moments of failure or struggle. Treat yourself with the same grace and understanding you would offer a friend.
- 3. Set Small, Achievable Goals and Celebrate Wins:** Break larger goals into manageable steps. Completing these tasks and celebrating each accomplishment, no matter how small, can build confidence and reinforce a positive self-view.
- 4. Engage in Gratitude and Reflection:** Start or end your day by listing things you’re grateful for, especially qualities within yourself or positive experiences. Journaling about these reflections fosters appreciation for who you are and the journey you’re on.

- 5. Limit Comparison with Others:** Focus on your own unique path, acknowledging that everyone's journey is different. Comparing yourself to others can undermine self-worth, so celebrate your own progress and growth.

- 6. Surround Yourself with Supportive People:** Build relationships with people who uplift and encourage you. A strong, positive community reinforces your value and provides accountability as you grow.

- 7. Practice Saying "No" and Set Boundaries:** Respect your own limits and learn to say "no" when needed. Setting boundaries shows that you value your time, energy, and well-being.

- 8. Engage in Positive Self-Talk and Renew Your Mind:** Be mindful of your inner dialogue, replacing negative thoughts with positive or constructive ones. Use scripture or affirmations to renew your mind and align your self-view with positive truths.

- 9. Take Care of Your Physical Health:** Exercise, sleep, and proper nutrition all contribute to a sense of well-being. Caring for your body reflects respect and love for yourself.

- 10. Engage in Hobbies and Passions:** Spend time doing activities you love. Exploring your interests and strengths can reinforce a sense of identity and fulfillment.

- 11. Seek Community and Accountability:** Connect with people who share similar values and who will support you on your journey. Community offers encouragement and a reminder of your worth through genuine relationships.

- 12. Serve Others with Purpose:** Look for ways to serve or help others, whether through volunteering or simple acts of kindness. Contributing to others' lives can remind you of your unique value and the positive impact you can have.

- 13. Practice Mindfulness and Self-Reflection:** Spend time each day reflecting on your thoughts, emotions, and actions. Mindfulness helps you stay present, fosters self-acceptance, and allows you to make intentional choices.

- 14. Track Personal Growth and Progress:** Keep a journal to note your achievements, growth, and

lessons learned. Reflecting on how far you've come reinforces your progress and personal development.

15. Embrace God's Love or Unconditional Self-Worth: Accept that you are loved and valued, either by God or simply as a person deserving of kindness and respect. Reflect on this truth through prayer, meditation, or personal affirmations to build a solid foundation of self-worth.

16. Create an Uplifting Environment: Organize and declutter your physical space. A calm, orderly environment can promote peace and positive energy, helping you feel more grounded and capable.

Reflect & Reclaim: Self-Worth Processing Questions

What strengths or unique qualities do I recognize in myself, and how can I celebrate these more intentionally in my daily life?

What negative beliefs or self-talk have I held onto, and how can I replace them with affirmations or positive truths about my worth?

In what ways have I allowed others to define my value, and how can I reclaim ownership of my self-worth?

What specific boundaries do I need to set in my life to protect and honor my time, energy, and well-being?

What small steps or “good works” can I begin doing each day that align with my purpose and make a positive impact on others?

Positive Affirmations: Renewing Your Mind

Instructions:

In this section, you will find space to create and speak affirmations that align with God's truth about your value and purpose. Positive affirmations are powerful statements that help renew the mind by replacing negative, self-limiting beliefs with words of encouragement and truth. By affirming who God says you are, affirmations can transform your mindset and strengthen your sense of self-worth.

The Importance of Affirmations

The Bible encourages us to “*be transformed by the renewing of your mind*” (Romans 12:2). Affirmations are a practical tool to do this, as they shift our focus away from negative thoughts and help us align our thinking with God's Word. When we speak affirmations rooted in Scripture, we reinforce our identity in Christ, creating a strong foundation of self-worth that is unshakeable. This habit of speaking truth over ourselves cultivates confidence, resilience, and a deeper sense of purpose.

How Affirmations Impact the Brain

From a scientific perspective, when we speak positive affirmations, our brains release chemicals like dopamine and serotonin—neurotransmitters associated with positive mood, motivation, and overall well-being. Regularly using affirmations creates new neural pathways in the brain, making positive thinking more automatic and natural over time. This process, called neuroplasticity, allows our brains to “rewire,” helping us replace negative thought patterns with ones that promote self-acceptance, confidence, and peace.

How to Use Affirmations

1. **Choose affirmations based on God's truth:** Write a personal affirmation or self-worth statement. Use statements from Scripture or affirmations that reflect God's love and purpose for you, such as “I am fearfully and wonderfully made” (Psalm 139:14).
2. **Speak them aloud daily:** Find a time each day—morning or evening works well—to speak your affirmations out loud. Hearing them spoken reinforces the words in your heart and mind.
3. **Visualize and believe:** As you say each affirmation, visualize yourself living out these truths. This helps anchor the words deeply in your mind and spirit, making them more impactful.
4. **Repeat consistently:** The power of affirmations lies in repetition. By speaking them daily, you'll begin to experience a mental shift, with God's truth becoming the foundation of how you see

yourself.

Affirmations are a powerful way to reshape your self-perception according to the Word of God and the natural workings of the brain. By consistently declaring God's truths over yourself, you can renew your mind, build a healthy self-image, and confidently embrace the value and purpose He has given you.

Examples of Affirmations

Example 1:

"I am a beloved child of God, fearfully and wonderfully made in His image. My value is not based on my past, my achievements, or what others think of me. I am chosen, loved, and created with purpose. I will walk confidently, knowing that God's love surrounds me, His strength empowers me, and His grace renews me each day. I am worthy, whole, and complete in Him."

Example 2:

"I am precious in God's sight and deeply loved. I am created with purpose and gifted uniquely to impact the world around me. My worth is secure, rooted not in what I do, but in who I am as God's creation. I choose to honor this value, knowing I am fully accepted and called to live with joy, peace, and strength each day."

Example 3:

"Though challenges may come, my worth remains unshaken. I am loved by God, and He has a plan for my life. I am valuable just as I am, created for a purpose greater than my struggles. I will lean on God's strength and believe in His love for me, remembering that nothing can separate me from His care or diminish my worth."

Activity: Create Your Personal Affirmation

Now it's your turn to create a positive affirmation that reflects your God-given worth and purpose. Using the guidance above, write an affirmation that resonates deeply with you. Choose words that align with God's truth about who you are, making it meaningful and personal. When you're ready, practice speaking your affirmation aloud daily, visualizing its truth, and letting it renew your mind and spirit.

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