**What is Self-Worth & How Do We Build it? (edited)**

<https://positivepsychology.com/self-worth/> 6 Nov 2018  by [Courtney E. Ackerman, MA.](https://positivepsychology.com/team/courtney-ackerman/)

Self-worth is defined by [Merriam-Webster](https://www.merriam-webster.com/dictionary/self-worth) as: *“a feeling that you are a good person”.* Dr. Christina Hibbert describes self-worth as,” *a deep knowing that I am of value.” (Note: A similar term from Taoism is “inner abundance”)*

What Is the Self-Worth Theory?

**1976. External Criteria**. Covington & Beery in 1976 stated that self-worth resulted from achievement. In turn, achievement is often found through competition with others. The theory holds that there are four main elements of the self-worth model:

* Ability
* Effort
* Performance
* Self-worth.

This theory was based on competing and “winning” against others. It was based on 5 measures of comparison to others.

**2003. Contingencies of Self-Worth Scale: External Criteria Refined**. Crocker, Luhtanen, Cooper, and Bouvrette refined the above theory to include:

* Appearance
* Net Worth (or salary)
* Social Circle
* Job / Career
* Achievement (business, academic, athletic)
* Morality and Virtue

**2012. Internal Criteria**. Clark-Jones stated Inner Criteria were more stable and long lasting. The earlier theories were considered fragile because they were based primarily on external criteria. Inner Criteria examples are:

* Personal values which determine how someone treats others:
* Kindness / Consideration / Niceness
* Altruism = Generosity / Unselfishness
* Compassion / Empathy
* Respect for Others
* Personal values which guide decisions about their behavior:
* Morality / Ethical Behavior
* Giving Best (100%) Effort
* Self-Discipline / “Grit”

1. Self-worth based on internal values is more fragile than self-worth based on external values \_\_True \_\_False

2. Self-worth based on competition is an a form of external criteria \_\_True \_\_False

(Note: For the full text with links please visit <<https://positivepsychology.com/self-worth/>>)