

## Reflection 3

On page 60-61 (Chapter 4), hooks states:

*The Feminist Movement really helped women understand the personal power that is gained through positive self-assertiveness. Gloria Steinem's best-seller Revolution from Within cautioned women about the danger of achieving success without doing the necessary groundwork for self-love and self-esteem. She found that achieving women who still suffered internalized self-hatred invariably acted out in ways that undermined their success....*

*This is true of men as well. When powerful men reach the height of personal achievement in their careers, they often undermine all they have worked for by engaging in self-destructive behavior. Men who reside at the bottom of our nation's economic totem pole do this and so do men at the top. President Clinton engaged in deceitful behavior, betraying both his personal commitments to his family as well as his political commitment to be a paragon of American values to the people of this country. He did so when his popularity was at an all-time high. Having spent much of his life achieving against the odds, his actions expose a fundamental flaw in his self-esteem. Although he is a white male, Ivy League- educated and economically well off, privileged, with all the accompanying perks, his irresponsible actions were a way of unmasking, of showing to the world that he really was not the "good guy" he was pretending to be. He created the context for a public shaming that no doubt mirrors moments of childhood shaming when some authority figure in his life made him feel he was worthless and that he would never be worthy no matter what he did. Anyone who suffers from low self-esteem can learn by his example. If we succeed without confronting and changing shaky foundations of low self-esteem rooted in contempt and hatred, we will falter along the way.*

### Reflection Assignment:

- 1. What people or events have contributed positively to your self-esteem and how?**
- 2. What people or events have been a challenge to your self-esteem and how?**