

HYPER SELF- HELP RESOURCES

A DESIRE FOR STATUS

Presented by The Rural Hub

Human beings
have a deep-
rooted longing to
feel valuable. We
desire feelings
of self-esteem
and competence.



Unfortunately, these feelings of value are almost never assessed on their own. We are social beings, and as such our sense of competence is connected to those around us.

Our Status is defined by where we are positioned in relation to other people.



In all societies, there are variations of status, and although there is no universal scale of how status is measured, those with higher status have greater power, money, and influence.



Status anxiety is a worry about our standing in the world, whether it's going up or going down, whether we're winners or losers. People often worry about having low status because we struggle to remain confident about ourselves when other people don't seem to like or respect us.



The sense of reward we receive from an increase in status can be very influential.

However, as with all emotional experiences, the threat response is stronger and more common than the reward response.

This means that the sense of danger we experience when our status is threatened is even more influential.

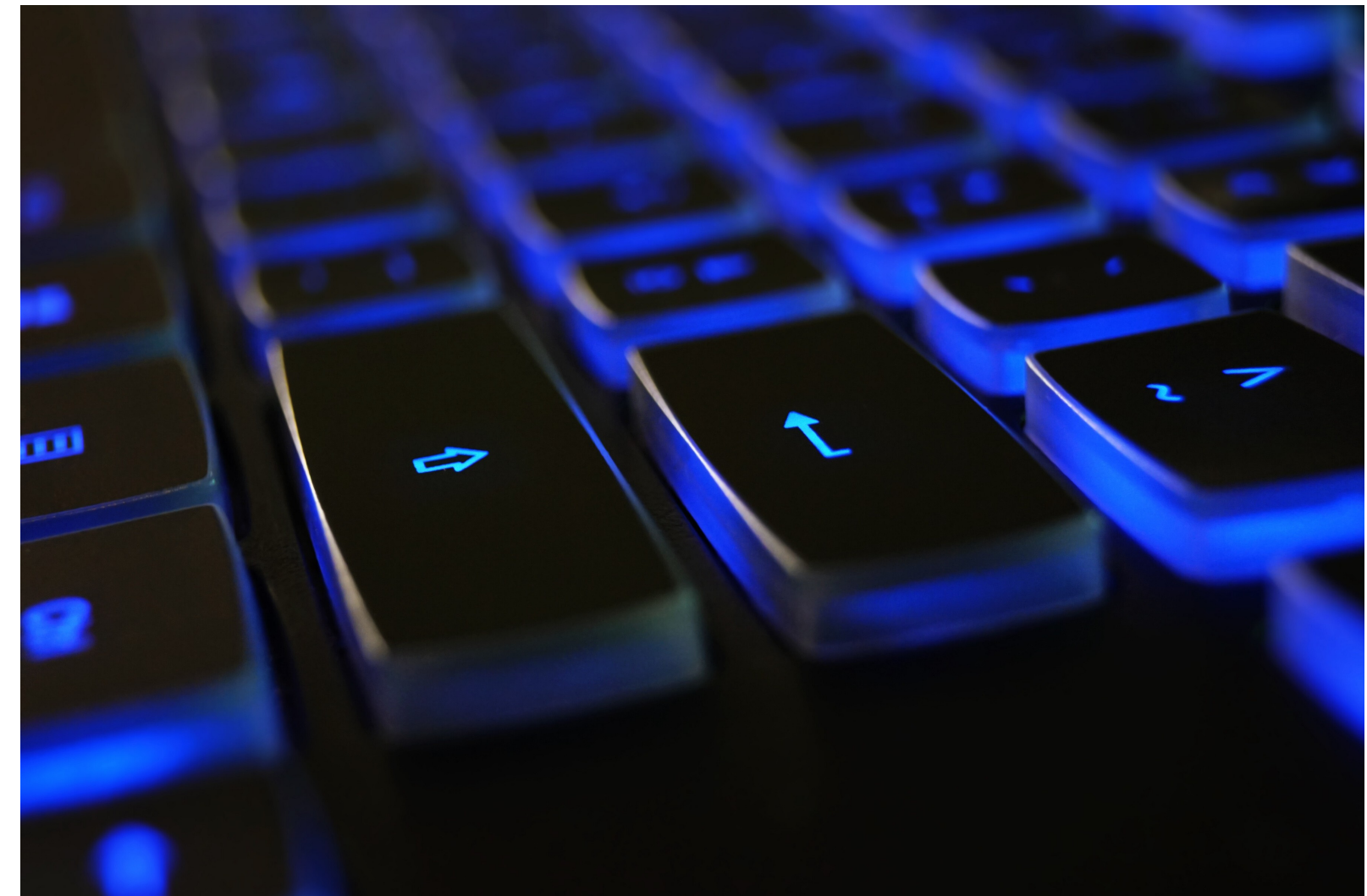
Often times our status will come partly from our group membership. We feel good about our group and this makes us feel good about ourselves.

However, this can sometimes contribute to an “us-versus-them” mentality. This is dangerous and can lead to hostilities.

People go to tremendous extremes to increase or protect their status.

Worryingly, research developed in the United Kingdom has highlighted several personality traits where individuals might be more vulnerable to the threat of radicalisation and **‘a desire for status - a need for identity, meaning and belonging’** is one of them.

An unhealthy relationship with status can make you an ideal target for dangerous people who you may encounter online. These can include groomers, radicalisers and recruiters for extremist groups.



These individuals and groups will try to manipulate your insecurities and convince you of fictitious threats.

They may promise you an opportunity to gain status within their group.

They may agitate you by offering a scapegoat to blame all your misfortunes on..



But these groups are dangerous, and it is important to realize that you are being manipulated.

Securing your own status should not involve intentionally harming the status of another.

Here are some tips to increase your own sense of status in ways that you can be proud of!

No.1

Set goals and beat your own past performance. Increasing your status in relation to your former self can give you a great sense of achievement. This can be physical endurance, mental fortitude, developing a skill, and even increased acts of kindness.



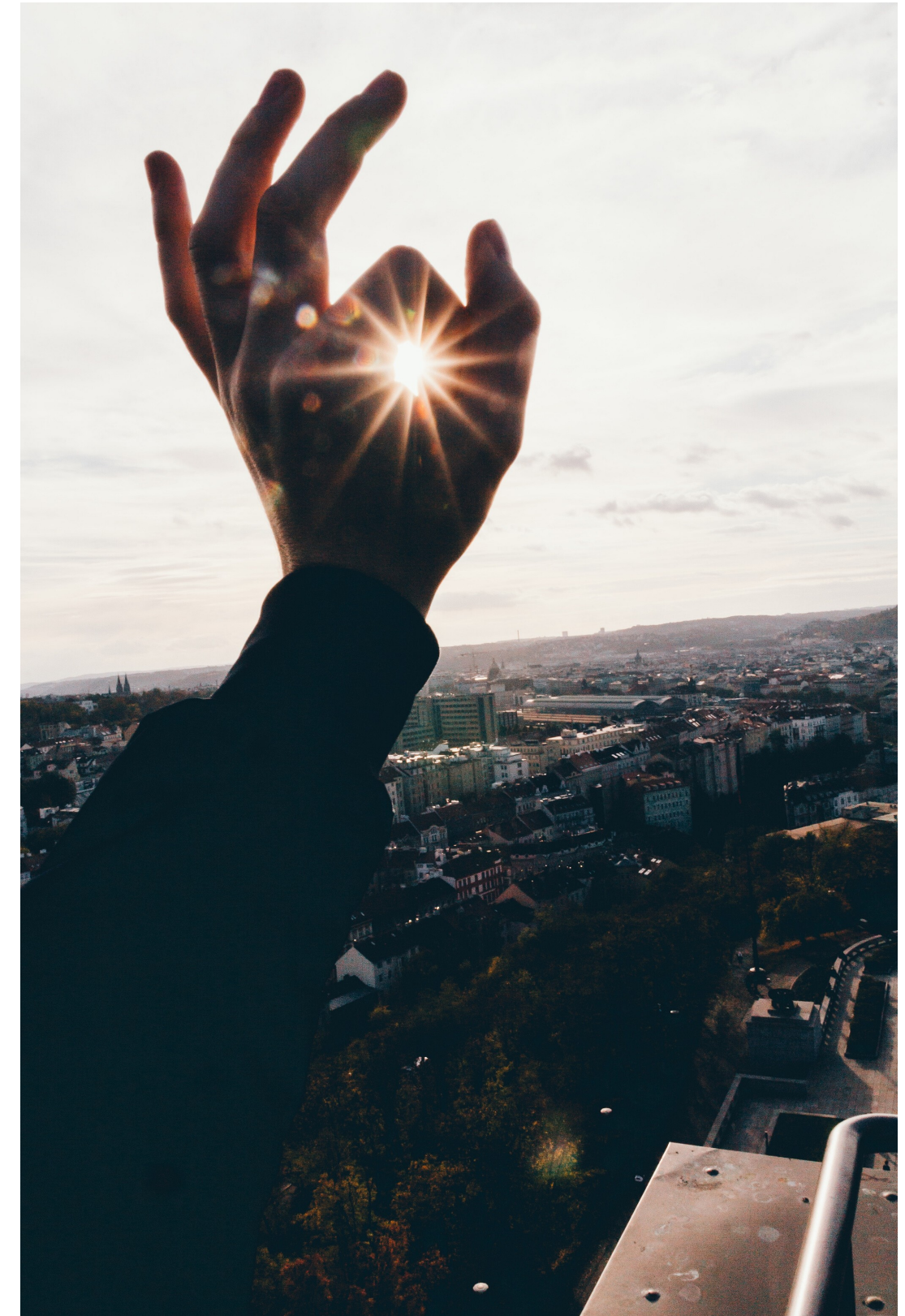
No.2

Monitor your Comparisons.
Feelings of unchecked envy can lead to shame and anger. It is important to reframe events which threaten your status, try to use them as motivation for self improvement. Keep in mind that no matter what method of measurement you use - someone will always out-do you and someone is always worse off than you.



No.3

High status does not equal happiness. Although we tend to recognize our status by comparing ourselves to other people, its indicators are merely objective attributes. Remember that happiness is more about being able to savor the small things than being able to afford the big things!



DON'T LET ANYONE CONTROL YOU

HYPER

How Young People are Engaged by Radicals



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