

## IDENTIFYING LOW SELF-ESTEEM

Negative thoughts and feelings are rooted in some nasty emotional experiences early in life, which later snowball into thought-manipulating beliefs and habits. Before long, we start doubting ourselves which prevents our growth and leaves us feeling dissatisfied. It limits our risk-taking abilities, rendering us pessimistic and bitter towards life in general.



### Do It Yourself Activity

Take a piece of paper and very quickly jot down a few words that represent your positive qualities in the space provided below –

- 1.
- 2.
- 3.
- 4.
- 5.

Now read the words.

[Download](#) Try-it yourself sheet.

### Were you comfortable doing that?

People having low self-esteem tend to paint themselves in only a negative light. This makes them disregard their positive qualities, and downplay positive comments about their work from others. They equate thinking good about oneself with being proud and arrogant. This line of thought could be the result of an extremely strict or abusive upbringing, and in most of the cases, it is.