

# LACK OF SELF-ESTEEM

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It was previously thought that people with low-esteem can be made to think positively by praising them in public and speaking highly of them. However, it was later discovered that this actually resulted in even lower self-esteem among the people, as they now had to deal with the added pressure of producing high-quality output too.

As mentioned earlier, people with low-esteem tend to judge even genuine praise as mere flattery, as they themselves conclude that their efforts are way below expectations and hence, not praise-worthy.

## Lack of Self-Esteem and Its Clauses

Low self-esteem forms over a period of time by negative experiences like criticism, teasing, and failure in the fields of performance, race, education, and relationships.

As with low self-esteem, positive self-esteem can only grow with time and needs to be substantiated with real occurrences, facts, and achievements. Telling a stranger, "You are a great performer" or "They must be proud of you" never works.



It's advised to praise someone **only when they themselves are willing to acknowledge** that they have put in hard work and are getting a well-deserved compliment.