

NEGATIVE SELF-ESTEEM

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People having a very critical opinion of themselves tend to under-appreciate even the good efforts they have put in, and view even genuine praise as flattery. This undermining of one's own talent and hard-work leads others to treat you the same way.



There is an old saying that **everybody treats you the way you treat yourself**. If you don't take yourself seriously, there is very little chance of others doing so. We have listed some of the most-widely observed qualities of people with low self-esteem.

People with a negative self-esteem exhibit the following qualities –

- Crave perfectionism
- Fear of being ridiculed
- Blaming others for failure
- Fear of exploring new ventures
- Very self-critical and self-effacing
- Feeling unaffectionate towards others
- Fighting with a sense of worthlessness
- Not trusting even close friends and relatives
- Negative attitude and pessimistic view of life