

## DISCUSS SELF-ESTEEM

[http://www.tutorialspoint.com/self\\_esteem/self\\_esteem\\_discussion.htm](http://www.tutorialspoint.com/self_esteem/self_esteem_discussion.htm)

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Self-esteem is the measure of a person's own worth. It is a self-evaluation of the attitude a person has towards himself. Self-esteem encompasses beliefs, evaluations, judgments, and varied emotions.