

How Self Esteem Works

Belief System

Feelings

Behaviours

Have unrealistically high standards for self

Focus on perceived flaws or specific failures

Talk negatively to yourself

Apologise frequently often when there is no need

Think they are of less value or worth than other people

Self conscious and easily embarrassed
Feel less worthy or liked than others
Feel ill at ease, nervous or anxious

Reject compliments

Compare themselves to others

Tend to be passive and stand back

Believe they are responsible for others' feelings and that others should, be or behave, in a certain way towards them

Feel obliged to look after others, or that they are being selfish to think of themselves

Put themselves after, or behind, or below, others

Have a lack of belief in themselves and their own abilities

Feel less confident socially and in company

Can withdraw or avoid social gatherings and contact (This may only be parties and may be different on a one-to-one)

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Believe the judgments of others are more important than theirs are

Are hurt easily
Are less in-touch with their feelings

Find it difficult to let go of past hurts
Can find decision making difficult