

## 32 Characteristics of Low Self-Esteem

1. I constantly feel inferior to peers and mates.
2. I constantly feel insecure.
3. I constantly criticize myself and everything I do.
4. I regularly have negative, self-blaming, and critical discussions with myself.
5. I always worry about what other people think of me.
6. I have anger issues and I'm always defensive.
7. I'm unable to deal with challenges.
8. I always downplay and ignore my positive qualities.
9. I never believe or accept compliments from people.
10. I always call or describe myself with negative words such as ugly, fat, unlovable, or stupid.
11. I'm a perfectionist and never want to make mistakes.
12. I have a massive fear of failure and looking bad in front of others.
13. I always assume that luck plays a role in all of my achievements, and never take credit for them.
14. I never commit to relationships or tasks, and often leave them unfinished.
15. I always blame myself when things go wrong, and never consider other things that are beyond my control, such as economic forces or the actions of other people.
16. I always seem confused and disorganized.
17. I lack purpose or direction in life.
18. I sometimes suffer from an eating disorder.
19. I have a distorted view of life and myself.
20. I'm always in a low or bad mood.
21. I regularly have mood swings.
22. I have low expectations from both people and myself.
23. I break agreements and violate my own standards regularly.
24. I'm a full time pessimists.
25. I'm always jealous and envious of other people's success.
26. I never like it when work is done by others.
27. I'm scared of exploring my abilities for fear of what people will say.
28. I frequently respond irrationally, with emotions clouding my responses.
29. I always feel resentful and down when I lose.
30. I rely a lot on luck, fate, and fortune.
31. I'm always anxious and apprehensive when dealing with others.
32. I avoid competitions for fear of failing.

## How to Overcome Low Self-Esteem



source: pixabay.com (DeanMarston)

Overcoming low self-esteem is no easy feat, but it can be achieved. The moment you **take charge of how you react** to the things that happen in your life, you would be able to overcome low self-esteem. Below are some steps one can take towards overcoming low self-esteem:

### 1. **Quit Worrying**

If you can stop wondering what the future holds, and just enjoy the present, you can overcome low self-esteem.

### 2. **Speak To Yourself Positively**

In difficult times, you may have to *be your number one motivator*. Speak to and encourage yourself the way you would a best friend. When you fail or make mistakes, say positive things, and try not to be too hard on yourself.

### 3. **Put the Past Aside**

What has happened in the past should remain right there – in the past. Concentrate on and enjoy living in the here-and-now, rather than reliving old disappointments, mistakes, and failures.

### 4. **Try To Have Fun**

All work and no play makes Jack a dull boy, or Jane, a dull girl. Schedule fun activities and events into every week to avoid always being gloomy and low on esteem.

## 5. Avoid Comparisons

The more frequently you compare yourself to others, the more you develop low self-esteem. Understand that everyone is different, and that every human life is valuable, including yours.

## 6. Dwell On the Positives

Always look towards the positives, no matter the circumstance. Accept compliments, acknowledge your positive traits, and stop treating everything as luck.

## 7. Exercise

Exercising regularly has been found to boost the body and soul, combat depression, and help people feel good. Walking round the block once every day, going for regularly swims, or hitting a local gym can go a long way in helping you overcome low self-esteem.

## 8. Always Assert Yourself

It would help a lot if you always communicate your feelings, beliefs, wants, and your opinions to others in an assertive, direct, and honest manner. This way, you are rarely misunderstood or treated incorrectly.

## 9. Believe in the Process

Rome wasn't built in a day. So you must understand that you have to practice all of the above regularly and consistently to improve your self-esteem.

## How to Improve Self-Esteem



source: pixabay.com (RobinHiggins)

Besides the above steps that can help you overcome low self-esteem, here are some more **strategies to improve your self-esteem**.

- Discuss and *get advice from a trained therapist*.
- Talk to a trusted friend or loved one about your self-esteem issues.
- Read books on self-development.
- Seek the help of a doctor for information and advice.
- Browse the internet regularly for further information.
- Take a personal development course.

### Check Your Own Projections

You should always remember that **your self-esteem is what you think about yourself**, and that you are completely in charge of how you and the world view you.

Everyone lacks confidence occasionally, but people with low self-esteem are unhappy or unsatisfied with themselves most of the time.

With constant practice, you can boost your self-confidence, overcome low self-esteem, and get to lead a fulfilling life.

### I AM ENOUGH – A Course for more Self-Esteem

