# **LACK OF SELF ESTEEM**



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#### Low Self Esteem What Does it Mean to Lack Self Esteem

Low self-esteem is characterized by a lack of confidence & feeling badly about oneself. People with low self-esteem feel unlovable, awkward, or incompetent.

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## Is a Lack of Self Esteem the Root of All Disorders

If you observe some classical psychological disorders, you would notice right away that their origin is greatly due to a lack of love towards oneself. This lack of esteem will later on project itself as dysfunctional beliefs, negative emotions and counterproductive behaviors which submerge the individual into a closed circle. http://ebookslibrary.club/Is-a-Lack-of-Self-Esteem-the-Root-of-All-Disorders--.pdf

#### 10 Sources of Low Self Esteem Psychology Today

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## Raising low self esteem NHS

Raising low self-esteem. We all have times when we lack confidence and don't feel good about ourselves. But when low self-esteem becomes a long-term problem, it can have a harmful effect on our mental health and our lives. What is self-esteem? Self-esteem is the opinion we have of ourselves.

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