

[SELF HELP SELF ESTEEM](#)



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We tend to go through life evaluating ourselves and others according to a scale of worth. The concept of self esteem is the amount of value that we consider we are worth.

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Self esteem Self Help

We use the phrase self-esteem to talk about the beliefs you have about yourself. These include: what you think about the type of person you are, your abilities, the positive and negative things about you and what you expect for your future.

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Self Esteem We tend to go through life evaluating ourselves and others according to a scale of worth. The idea of self esteem is the amount of value that we consider we are worth. These values vary from person to person. Whilst we might rate ourselves as being of little value, others might rate us much higher. If we get into the habit of thinking negatively about ourselves, then low self

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Low self-esteem is having a generally negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person.

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