



**Signs of low Self
esteem**

Signs of Low Self-esteem

- 1-Feeling of helplessness or powerlessness

- 2-Lack of self efficacy



Signs of Low Self-esteem

**3-Poor Self
Image** and
poor Energy
level





- **4-Distracted,**
- shy,
inhibited ,introvert ,day
dreamers
escaping of situations
that need competition

Signs of Low Self-esteem

- **5-compensatory compulsive behaviours** as self abuse, work holism ,
- compulsive sexual behaviour,
- eating disorder
- People pleasing attitude and other mood altering behaviours



Signs of Low Self-esteem



- **6- Defensiveness :**
- Inappropriate hostility,
- judgemental,
- Intolerant to remarks,

Signs of Low Self-esteem

Anger and criticism for faults of others.

They displace their own self hatred on others :eg one not able to loose weight are very critical of other overweight people

Apathy(don't care attitude)

(emotional Novocaine injection)



Signs of Low Self-esteem

7-Demanding and perfectionist attitude

especially for spouse and children.

to compensate for their own feeling of
imperfection



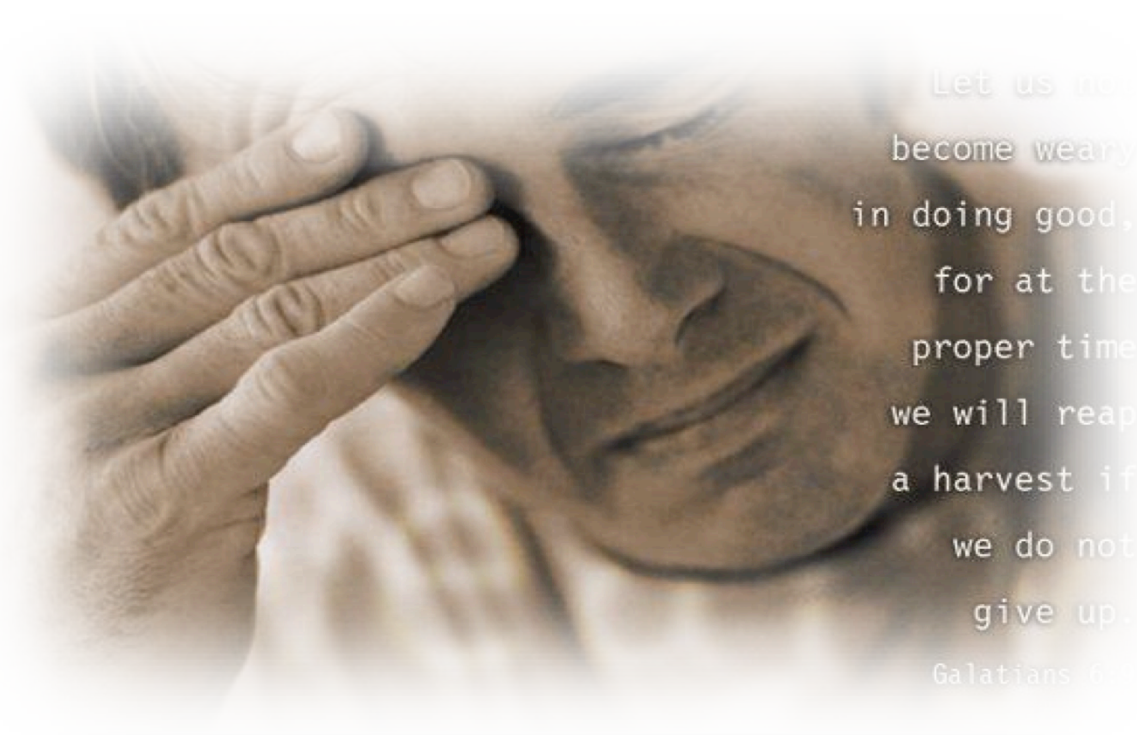
- **9- False arrogance and pride** putting others down and exercising intimidation
- Overemphasise competitiveness , conquest for possessing the best or they are the best
- **10- Oversensitivity to the remarks** of others even when trying to advice, encourage or support these are taken as criticism or hurtful remarks



- **8-Depression**

Signs of Low Self-esteem

Signs of clinical depression
and anxiety



Let us not
become weary
in doing good,
for at the
proper time
we will reap
a harvest if
we do not
give up.
Galatians 6:9

