# Problem

Self-esteem changes are linked to specific types of depression, generally in the form of low self-esteem[[1]](#footnote-1)

# Relation with depression

Diagnostic criterium in Persistent Depressive Disorder: “Low self-esteem”

However, in the opposite sense (“inflated self-esteem or grandiosity”) it can occur, and indeed it is a specifier for “Depressive Disorders with mixed features“ (specifiers are standardized tags that can be appended to the primary diagnosis to help with treatment choice or predict prognosis):

# Keyword origin

(i'?m|i am) a (bad|terrible) (friend|student|child|kid|boy|girl|mom|dad|father|mother)

(i'm|i am) (really|very|so) stupid

am i a spoiled brat

anxious about what everyone will think

bad image about myself

blamed myself for

can'?â€™?t help anyone in my family anymore

can'?â€™?t seem to be satisfied with myself

constantly compare myself to others

damage my self.?esteem

despise myself

didnâ€™t feel like myself

disappointed (about|with) myself

dissapoint.{0,15} my

don'?â€™?t deserve happiness

don'?â€™?t deserve my own space

don'?â€™?t feel good about myself

don'?â€™?t feel like myself

don'?â€™?t have assertiveness

don'?â€™?t love myself

don'?â€™?t value the job (i'm|i am) doing

feel guilty about

feel like i am abandoning my \w+

feel like i'm bothering everybody

feel so selfish

feel sorr?y

feel(ing)? (really |verybad )? about myself

feel(ing)? (that )?(i'm|i am) so useless

feel(ing)? as though no one sees me

feel(ing)? dump

feel(ing)? guilty

feel(ing)? like i am the burden

feel(ing)? pathetic

feel.{0,15} in the dumps

feel.{0,15} unappreciated

feel.{0,15} useless and helpless

feel.{0,15} worthless

hat(e|ing) myself

have no self esteem

have no self worth

how disgusting i'?â€™? ?am

how much guilt i feel

i am a bad child

i am a bad friend

i am a bad kid

i am a bad person

i am a failure

i am a spoiled brat

i am a terrible friend

i am a terrible person

i am shitty

i am valueless

i am worthless

i don'?â€™?t have any value

i feel guilt

i obsess over my appearance

i'?â€™?m a bad child

i'?â€™?m a bad friend

i'?â€™?m a bad kid

i'?â€™?m a bad person

i'?â€™?m a failure

i'?â€™?m a spoiled brat

i'?â€™?m a terrible friend

i'?â€™?m a terrible person

i'?â€™?m shitty

i'?â€™?m valueless

i'?â€™?m worthless

lack of confidence

lack of faith in myself

lack of self.?esteem

lack of self.confidence

let (her|him) down

let .{0,15} down

let down my \w+

let my family down

let my friends down

let my parents down

low self.?esteem

my guilt

never (be|feel) confident

never a good child

never a good kid

never a good person

never feel good about myself

never pleased with myself

never satisfied with myself

no longer feel like person

not confident (in myself|at all)

people do not like me

poor self.?image

poor sense of self.?esteem

pull myself down

regret about my history

regret about what i've caused to

self hatred

sensitive to criticism

sorry for all the people i might have

struggle to have (self.)?confidence

strunggle to have self.?esteem

what'?â€™?s wrong with me

zero confidence

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)