***Low Self-esteem sabotaging Women’s lives!***

*Struggling with low self-esteem (confidence) is what everyone goes through at least once in their lifetime, but it is unveiled with several statistics reports that women suffer more with low self-esteem issues.*

*Age hardly matters when it comes to a female life! Whether being a teenager, or an adult or some aging woman, females go through several changes in their lives and face multiple hurdles and disheartening situations. They often say that being a woman has never been so easy, that eventually turns out to be a bitter truth!*

*Losing in anything, or not making own decisions, not participating in any major decision making, not owning many assets, are all the reasons giving rise to low self-esteem in a woman!*

***Why women suffer more from low self-esteem?***

*Both internal and external matters account for lowering self-esteem in women and they eventually suffer from questioning their looks, qualities, and capabilities!*

*People expect different roles from boys and girls, and girls are taught from childhood in some families to shut up and just cook delicious food. How is that acceptable? Why do women don’t have many rights, equality, and freedom for making their own decisions?*

*Weird, right! But this is the sole cause behind lowering the self-esteem in women!*

*Certain reasons giving rise to low self-esteem in women are:*

1. ***Discouraging body image:***

*From real lives to reel lives, one goes through multiple triggers about perfect body shape, size, color, and posture. Despite beauty being about how one looks at themselves and what their behavioral traits are, it these days is all about the set goals. This eventually gives rise to a woman questioning her own body and beauty and lowering her self-esteem.*

1. ***Inability to meet the expectations:***

*Well, all across the globe, especially in India, people grow with the stories of some divine goddesses, like Sita and Savitri. These are the women known for self-sacrifices; however, they are practically somewhat impossible in today’s world. Reports also reveal that more than 87% of Indian women stay in some pressure to be like some role models.*

1. ***Blaming their self:***

*Emerging chaos and disputes within a family or in a relationship raise questions on women for being unable to maintain peace and honor of the relations. With these scenarios, women start blaming themselves for all the failures and losses and turn out lowering their self-confidence.*

*But why do women have to meet up to the expectations and maintain everything? Women are the creations of god too, and every creation of God is accepted to have some faults that they must confidently be able to survive with!*

***What are the signs of low self-esteem in women?***

*Well, we know what low self-esteem is and what it arises from! But what does it pops out like? Spotting low self-esteem in women is pretty easy!*

1. ***Needs attention:****Women with a lack of self-esteem crave for attention frequently. Trying to get attention by getting ready, crying frequently, and many other actions can help spot this aspect.*
2. ***Pessimistic:****Women with low self-esteem are often pessimistic. In every scenario, they only look for their negative side and keeps on worrying about the worst outcomes.*
3. ***Follows rather than owning****: Women with lower self-esteem follow their idols and role models, and wants to be like them. They do not own their individual qualities and never appreciate their traits.*
4. ***Laziness:****These women mostly stay lazy and avoid going out, meeting people, or mixing up with their groups.*
5. ***Lower standards:****Since they lack self-esteem, they cannot believe that a good person might be with them or good things might happen with them, and thus they turn out to get stuck in the crappy situations with creepy people.*
6. ***Self Sabotage:****Such women unintentionally sabotage their own lives. They also question people on appreciating them, start doubting others, and eventually turn out destroying their relations.*
7. ***Guilt struck:****Saying ‘Sorry’ frequently is what the easily spotted sign of low self-esteem. People who apologize for every small thing lack confidence.*
8. ***Withdrawal:****Even when stuck with a group of people, women with low self-esteem withdraws out and prefers staying at some corner all by themselves, rather than involving with others.*
9. ***Bragging:****This too is a commonly seen sign of low self-esteem, as women with low self-esteem use to brag about things to temporarily boost their confidence and gain attention.*
10. ***Blaming:****They do not realize what the root cause of their issues is and keeps on blaming others or even themselves for any miss-happening or struggles.*

***How to enhance confidence and self-esteem?***

*It is never too late if one is determined to do anything! Gaining self-esteem too is pretty easy and a matter of some practices.*

1. *Discover and stay up with your passion and do everything that you love and that makes you happy.*
2. *Live up with the ‘Me’ factor. Always appreciate yourself and know that all the roles that you carry on with are maintained perfectly.*
3. *Believe in your capabilities and stick to ‘Can do’. Never question yourself and always try your best to achieve what you aim for or what you want in life.*
4. *Never blame anyone and try to analyze the exact cause of any issue, and then work towards eradicating the same.*
5. *Last, but not least, Love yourself!*

***Always remember that struggling with your feelings is acceptable but never question your own-selves! After all, what is there in you that should not be loved, and what is there in others that make them preferable?***