

## **SELF CONFIDENCE BOOK**



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### **Self esteem Wikipedia**

Self-esteem reflects an individual's overall subjective emotional evaluation of their own worth. It is the decision made by an individual as an attitude towards the self. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self

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### **Pride Wikipedia**

Exaggerated self-esteem is called "pride". Classical Christian theology views pride as being the result of high self-esteem, and thus high self-esteem was viewed as the primary human problem, but beginning in the 20th century, "humanistic psychology" diagnosed the primary human problem as low self-esteem stemming from a

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