

**Time spent in an English-speaking country:** X

**Age:** 20

**Semester:** 6

**Faculty:** Human Sciences

**Topic:** Self-esteem is dependent on the possessions you have.

**Original Text:**

**Title:**.....

self esteem: it is the individuals assessment of himself and his sense of respect ... and value and competence includes self-esteem a person's convictions about himself and it is positive or negative self-assessment and how we feel about it.

Things that can help improve self esteem and self development as well

1. Building healthy relationships and supportive society.
2. Be more firm.
3. Challenge yourself “don’t let low self esteem prevent you from reaching and for things I’ve always dreamed of

saying about self-esteem

1. Do not listen to anyone who tries to cause you frustration
2. The secret of truth is not doing what we love, but to love what we do
3. That people hate you and you trust and respect yourself is much easier than i am, people love you and you hate yourself and don’t trust them