

Self-Esteem Issues

Overview:

Self-esteem reflects one's overall sense of self-worth and confidence. Low self-esteem can affect motivation, relationships, academic performance, and mental health.

Symptoms:

- Self-criticism and negative self-talk.
- Avoidance of challenges or social interactions.
- Anxiety, depression, or feelings of inadequacy.
- Perfectionism or fear of failure.

Causes:

- Negative feedback or criticism from peers, family, or authority figures.
- Comparison with others in academics, appearance, or achievements.
- Past trauma or bullying experiences.
- Unrealistic societal expectations.

Effects:

- Social withdrawal and relationship issues.
- Reduced academic or career performance.
- Increased vulnerability to anxiety and depression.
- Risky behaviors to seek validation.

Coping Strategies:

- **Positive Self-Talk:** Challenge negative thoughts and affirm strengths.
- **Goal Setting:** Achievable small goals to build confidence.
- **Skill Development:** Learning new skills to enhance competence.
- **Social Support:** Engage with supportive peers or mentors.
- **Professional Therapy:** CBT, counseling, or group therapy to improve self-image.

Extra Tips:

- Maintain a gratitude journal to focus on achievements and positives.
- Practice self-care: exercise, hobbies, and relaxation.
- Limit social media exposure if it triggers comparison.

Case Example:

A student with low self-esteem avoided participating in class discussions. After joining a confidence-building workshop, setting small public speaking goals, and practicing self-affirmations, the student became more active in class and reported higher self-confidence.