

Self esteem Worksheet #2.2

Try to find out-

if you had any recent or present negative life experiences* that have negatively affected your self esteem or how you view yourself ?

By the way-

People usually get some negative beliefs or seeds of low self esteem when they get negative experience in their childhood or adolescence.

However, people with healthy self esteem may get low self esteem when they encounter negative experiences later in life.

*negative life experiences like

- Workplace problems like -bullied or scared at work,
- having an abusive relationship,
- Prolong financial problems, say poverty
- hectic or boring life
- Sever illnesses or big injuries.
- So on..

For more help see the article <http://www.self-esteem-tips.com/low-self-esteem/what-cause-low-self-esteem-in-us/>

Write your thought here , based on your finding- try to answer the side questions- take your time- please complete-

self-esteem-tips.com