

Evaluation

Try to find out-

- Are you focusing on what you don't want?
- How did you describe yourself?
- What words did you use to describe yourself?
- Is your description of yourself generally I positive, balanced, or negative?
- What value did you place on yourself or aspects of yourself? Is that value positive, balanced, or negative?

by the way, Low self-esteem is having a generally negative overall opinion of oneself, judging or evaluating oneself negatively, and placing a general negative value on oneself as a person.

Here are some examples of what people with low self-esteem might say about themselves:

- "I am not loveable. Nobody likes me"
- "I could not make so much money, I am poor and worthless, I can not be reach"
- "I get nervous talking to people I don't know at parties. I'm socially inept and I hate it!"
- "I couldn't understand a lot of what the teacher was saying today. I must be really stupid."
- "I'm overweight. I am so fat and ugly." "I'm unimportant." "I'm a loser." "I'm unlovable."

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