

# Evaluation

- *Low self-esteem can be a result of other problems.*
- Low self-esteem can sometimes be a result of current difficulties and stressful life circumstances such as prolonged financial hardship, persistent illness,
- Or an accident that has caused some kind of impairment, chronic pain, relationship difficulties, or a problem situation that is difficult to solve. Sometimes when a problem is experienced over an extended period of time, one can become discouraged and demoralized. Self-confidence can be undermined and low self-esteem can develop.
- Experiencing other psychological problems such as panic attacks, chronic worrying, or social phobia can also affect a person's self-esteem.
- **Do you have any problem above like those.**

Suggestion, if you have some problem like those you should do something about those areas. Some time taking professional help can be a good idea.

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