

OVERCOMING LOW SELF-ESTEEM

**YOU ARE
NOT ALONE**
There is help.

WHAT IS SELF-ESTEEM?

As human beings, we tend to place a value or a measure of worth to ourselves or aspects of ourselves. So, self-esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person. If the value we place on ourselves is often negative, this is when we run into problems with self-esteem.

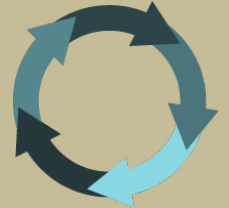
LOW SELF-ESTEEM?

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.



The Impact

- Frequent Self-Criticism
- Ignoring Positive Qualities
- Negative Emotions
- Impact on Work/ Study
- Relationship Problems
- Recreation and Leisure
- Personal Self-Care



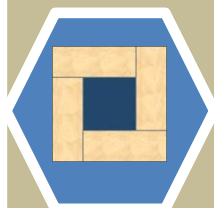
Unhelpful Thinking

The activation of our negative core beliefs means we start to engage in a lot of negative thinking about the situation we are in and more generally. We tend to either expect that things won't work out or criticize and blame ourselves.



There is Hope

We cannot change the past, but you can do something about the here and now. This means that things can be different and you can overcome low self-esteem.



Inventive Counseling

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals. Go to the website for additional information.