

Signs of Low Self-esteem

- I blame myself or others when things go wrong
- I feel good about myself when others see me a certain way
- I can't say what I really think or people will judge me
- I direct my anger at people lower in status
- I am easily frustrated when I'm not good at something
- I am quick to dismiss what others say about me or my behavior
- I need to accomplish something to feel good about myself



1. Pay attention to your inner critic
2. Catch yourself in situations when your critic gets loud (e.g. anticipating rejection, meeting new people)
3. Find a soothing alternative

Think of your favorite...

- Song
- Color
- Food
- TV show
- Book
- Animal



If you're online

- Visit a website you like
- Create your own blog or website
- Treat yourself to a new purchase
- Sell something you no longer need or want
- Message a friend
- Follow a new dog account

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