

SIGNS OF LOW SELF-ESTEEM CHECKLIST

People with low self-esteem tend to see themselves, the world, and their future more negatively and critically. They find it difficult to make decisions, excessively depend on the approval of others, and constantly question themselves. It can be hard to realize that you have low self-esteem, and often, this feeling has been around so long that it can really feel like it's just how you see the world.


**Here are some common signs of low self-esteem.
Which of them apply to you?**

- Focusing only on the negative aspects of life and ignoring your achievements**
- Lack of boundaries**
- Saying negative things and being critical about yourself**
- Negative body image**
- Thinking that other people are better than you and feeling worthless**
- Obsession with perfection and feeling that you are not good enough**
- Difficulty in expressing your own needs**
- Relying on others to make decisions**
- Trouble accepting compliments**
- Constantly comparing yourself to others**
- Feeling guilty for everyday actions**
- Apologizing frequently**
- Blaming yourself when things go wrong**
- Avoiding social interactions**
- Being hostile when confronted with criticism**
- Feeling sad, depressed, anxious, ashamed, angry, or worthless**
- Intense fear of failure, assuming the worst even if you have no evidence to support it**



What can you do to build healthy self-esteem? Read on to find out



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