SYMPTOMS OF LOW SELF-ESTEEM

-- Having difficulty giving or accepting compliments
-- Indecisiveness (i.e., from dinner choices to career choices)
-- Knowing what you want but not asking for it (i.e., in relationships, at school or at work)
-- Rarely expressing feelings (i.e., anger, love, sadness, dislike or approval)
-- Blaming others for dissatisfaction or unhappiness
-- Feeling not in control
-- Insecurity
-- Jealousy
-- Irrational thinking
-- Avoiding conflict
-- Alcohol/substance abuse
-- Sexual promiscuity
-- Negative self-talk
-- Lack of self-management skills (i.e., planning/goal setting, time management, study skills)
-- Feeling as if one has a lack of choices
-- Feelings of helplessness/powerlessness
-- Feeling sorry for self