

Low self-esteem

Building your identity: Examines causes and consequences

I. Read the statements and place them where corresponds:

- Poor performance at school and isolation.
- The person says negative things about him/herself.
- Trauma or abuse.
- To look for supportive people such as: parents, teachers, psychologists, or good friends.
- It creates anxiety, stress, loneliness, and increased likelihood of depression
- Friends who are bad influence.
- To recognize that something is going wrong.
- The person focusses on negatives and ignores achievements.



If you are having these negative thoughts with your confidence, trust on people who really loves you. Lots of us struggle with these feelings too sometimes - you are not alone.

You are doing a great job!