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The need for self-esteem plays an important role in psychologist Abraham Maslow's hierarchy of needs, which depicts self-esteem as one of the basic human motivations. Maslow suggested that people need both esteem from other people as well as inner self-respect.

Self-esteem is one of the most widely studied and oldest constructs in scientific psychology. ... tested the forced-choice format and a standard Likert-type format and found the latter . resulted ... "The Evolution of Self-Esteem." In Michael Kernis, (Ed.), Self Esteem: Issues and Answers: A Sourcebook of Current Perspectives.. Psychology Press:New York. 328-333. Full text; Lerner, Barbara (1985). "Self-Esteem and Excellence: The Choice and the Paradox," American Educator, Winter 1985. Mecca, Andrew M., et al., (1989).

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A Letter To The Girl With Low Self-Esteem

Self-esteem as fuel for self-fulfilling Prophecies. The self-esteem we have, creates a set of expectations subconsciously that we think are possible and appropriate. These expectations inspire actions that lead to the expected results and thus strengthen the previously held beliefs.

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To be self-accepting we need to take responsibility for our actions. Hence there is a difference between authentic or genuine self-esteem and external or false self-esteem. The former is internal and under our control, the latter external and under the control of others which may be insecure and fickle. The Narcisistic Leader

What is self-esteem? Self-esteem is the opinion we have of ourselves. When we have healthy self-esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs. When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light.

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Each summer I pick a project. A few years ago mine was to develop my self-esteem. According to David Burns, that should only take ten days.But nine months later, I'm still not there. From June ...

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Self-esteem and adolescents Adolescence is the period of the onset of self-identity recognition and can lead to the change in social development. The social environment, beginning from the caregivers in the family, influences most of the adolescent's world views and self-image. People usually mention the word "adolescence crisis."

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Comments on the motivational status of self-esteem in ...

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Self-esteem is an individual's subjective evaluation of their own worth. This comprises of one's own beliefs about oneself and also their emotional states. Smith & Mackie (2007) has defined self-esteem as "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it."

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Low self-esteem is different from being shy, which is believed to have some genetic factors. So, low-self begins at a very early stage in or lives. However, it can start at a later time in our lives. In severe cases of low self-esteem, the individual may become depressed and even attempt suicide.

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