

## **How Can I Tell If I Have Low Self-Esteem Or Self-Worth??**

You may recognize some of the behaviors associated with low self-esteem listed below and how they may be affecting your romantic life as well as other facets of your life:

1. Procrastination - Are you putting off doing things that are most important to your personal development because you don't feel good about yourself or because you don't feel deserving of the opportunity?
2. "Shoulds" - Do you need an unyielding 'proper' list to dictate your every move and of course, your partner's every move? Are you afraid to try or to let your partner try something new because you fear embarrassment if it doesn't work out?
3. Rigidity - Do you consistently live in an emotional rut because you are too afraid of failing? Do you fret when your partner wants to explore options for the relationship because you are afraid of change?
4. Overgeneralization, Global Labeling & Polarized Thinking - Does low self-esteem cause you to see catastrophe and victimization everywhere and do you typically use the worst labels you can think of when describing personal experiences?
5. Self-blame and Personalization - Is everything your fault and everyone out to get you? Do you feel like a victim of life instead of an equal participant?
6. Shyness - Is your fear of being judged by others keeping you from making new friends outside your primary relationships? Are you always criticizing yourself (body, intelligence, skills, etc) and your relationship partner? Do you have difficulty accepting compliments?
7. Relationships - Is low self-esteem keeping you from having meaningful friendships outside your marriage/partnership? Is your low self-esteem causing you to look to your partner for confirmation, acceptance, re-enforcement about your worth, lovability, equality and capabilities? Do you tend to gravitate towards romantic prospects just because they shower you with compliments, even if you know those compliments are not genuine? Are you comfortable talking openly with your partner about all your feelings on all subjects? Are you able to hear your partner talk about their true feelings without feeling vulnerable, betrayed and becoming defensive?
8. Self-acceptance - Does your rejection of who really you are have you in an adversarial relationship with yourself? Do you judge yourself on a regular basis?
9. Self-value – Do you treat yourself badly or neglectfully but others well? Do you expect little out of life for yourself? Do you let others treat you poorly and presume you deserve it?