

## Signs of Low Confidence or Low Self-Esteem

To better understand yourself and identify whether if you may be lacking in or struggling with low self-esteem or confidence, review this below. Check any sentences that you think apply to you. It's important that you be as honest with yourself as you can.

- I constantly put myself down; am highly self-critical
- I have difficulty accepting compliments
- I often feel victimized by others
- I sometimes feel lonely, even when with other people
- I feel empty - like I have a hole or void inside me
- I feel different from how others seem to feel
- I feel depressed daily or weekly
- I experience shame and / or guilt often
- I don't believe in my ability to achieve; have self-doubts
- I fear new situations
- I fear failure
- I fear Success
- I fear being out of control
- I have great need to please others
- I am often anxious in business settings
- I have trouble managing time demands; feel stress, excessive worry
- I procrastinate frequently
- I am extremely vulnerable / sensitive to others' criticism, real or imagined
- I often don't state my opinions or feelings for fear of what others will think
- I keep others at a distance emotionally
- I often engage in self-defeating thoughts or behaviors
- I tend to "numb out" to relax (watch TV, eat, sleep, fantasize)
- I have negative attitudes and use negative self-talk
- I have difficulty setting and sticking to goals
- I have difficulty asking for what I want and need
- I often feel angry, bitter, jealous, or resentful
- I think in black or white; have no tolerance for ambiguity
- I have difficulty tolerating imperfection
- I don't feel connected to family or community



Please note: this list could also indicate serious emotional challenges. The higher the of items checked the more likely your need for outside assistance. **It is very important to take care of YOU first, before anyone else... You are worth it!**

Please contact Momentum for further assistance and direction: 770.739.1598 or [sbyler@ create-momentum.com](mailto:sbyler@create-momentum.com)

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