

In the following section, put a cross against any of the symptoms that relate to you:

How many of these symptoms of low self-esteem do you experience?

- * Making unfavourable comparisons with other people
- * Inability or difficulty in acknowledging positive qualities/ achievements
- * Distorted thinking, e.g. believing that I must be perfect, I must not make mistakes, I must be good company, etc.
- * Unrealistic understanding of how much other people scrutinise you
- * Over-concern with other people's judgements
- * Inability to let go of 'failures'
- * Blaming yourself for things going wrong