

Figure 2. Experiences Contributing to Low Self-esteem

Early experiences:

- Systematic punishment, criticism, neglect or abuse
- Failing to meet parental standards or being unfavourably compared to others
- Failing to meet peer group standards
- Being on the receiving end of bullying or cyber bullying
- Being on the receiving end of other people's stress or distress
- Being part of a family or social group struggling with adversity (eg. financial hardship, illness, being a target for prejudice or hostility)
- Lacking what you needed in order to develop a secure sense of self-worth (eg. praise, affection, warmth, interest)
- Being the 'odd one out' at home
- Being the 'odd one out' at school

Later experiences:

- Workplace intimidation or bullying, abusive relationships, persisting stress or hardship, exposure to traumatic events
- Gradual changes in things that were important to your identity (eg. losing health, good looks, or earning capacity)