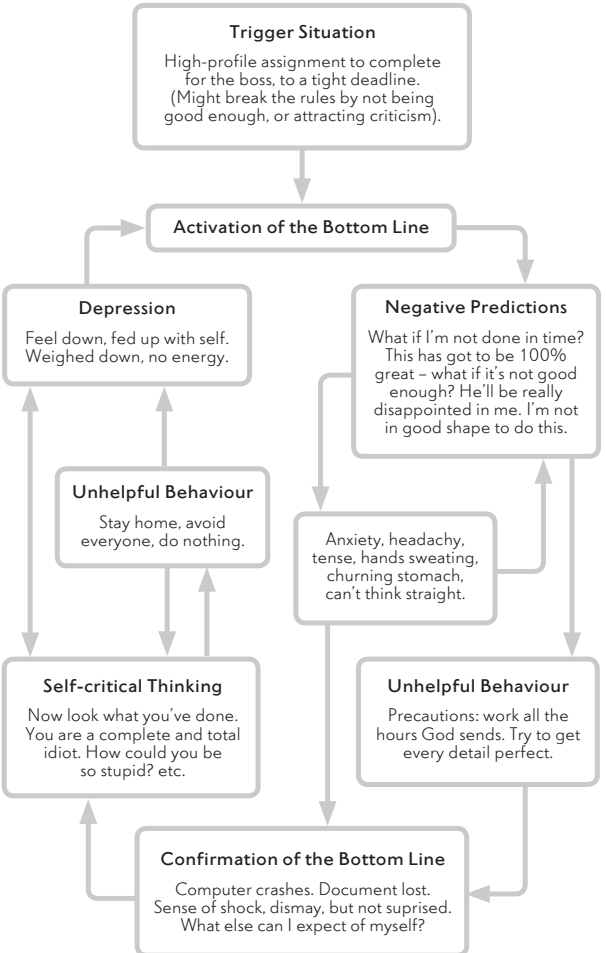Figure 8. The Vicious Circle That Keeps Low Self-esteem Going: Rajiv