

Title:

Fight for your Self-Worth!

Word Count:

1146

Summary:

Self-Worth; this is a word that is so much easier to say, and spell than it is to feel!

Why do so many women feel that they have no self-worth?

How did they lose it?

Keywords:

Women, woman, esteem, self, confidence, jealous, issues, help, worth, free, abuse, sexuality, beauty, ugly

Article Body:

Self-Worth; this is a word that is so much easier to say, and spell than it is to feel!

Why do so many women feel that they have no self-worth?

How did they lose it?

Is it because of the way the world has portrayed the perfect woman today?

Is it because someone took it from them?

Is that the void some fill by over eating?

Did their partner breach a trust?

Did their partner fall into the grips of the world of pornography?

Does their partner demean them with insults about how they look?

Did their partner continuously admire other women?

Did they grow up being ridiculed by a family member?

Have they been suffering from a controlling illness?

Were they bullied and criticized through their school years?

Were they sexually abused as a child?

Were they laughed at in a moment of vulnerability?

Were they ever raped?

All of these experiences definitely play a part in pouring a woman's self-worth right down the

For those of you that have been through this battle and are struggling to just get up on an e

Listen to me! You are not responsible for falling, or losing the battle. But you are TOTALLY r

You have been hurt and raped of one of your most sacred emotions, self-worth. Now you want it

I understand the strength of negative thinking, and I have felt its power many, many times. To

In order to strengthen the mental you, you must also strengthen the physical you. I don't mean

Remember whatever it was that brought you down in yourself is in the past. If you continue to

I am goodness.

I am all my goodness.

Even when I feel I am less,

I am always more!

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