

Title:

Self-Esteem: Developing A Strong Belief In Yourself

Word Count:

642

Summary:

Inevitably in life, we will face disapproval or rejection from others. It might be a family member

Keywords:

self esteem,self worth,self confidence,foundation of belief,believing in yourself

Article Body:

Inevitably in life, we will face disapproval or rejection from others. It might be a family member

Being rejected or ridiculed by others (especially if it's a frequent occurrence) can cause us to feel

While it's normal to have a few moments of uncertainty when we are rejected, the worst thing we can do

To complicate matters even further, their own life experiences, thoughts, and feelings can easily

So, how do we overcome this? How do we avoid letting other people's negativity erode our beliefs?

1) Reinforcement = Strength. Think of positive thoughts as the antidote to any negativity that

2) Conserve Your Energy. While it might be tempting to try to explain, defend, or prove yourself

3) Limit Your Exposure. Once a person reveals their negative opinion or directs hurtful comments

Finally, remember that no one else can define you, or live your life for you, or take away the

If you instead choose to turn away from the negativity and focus on building a solid foundation

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