

# Symptoms of Low Self-Esteem Checklist

Name:

Gender:

Date:

This checklist is designed to help you identify symptoms commonly associated with low self-esteem. Please go through the list and mark the statements that resonate with you. Be honest with yourself and note any patterns or recurring feelings.

## Negative self-talk

- Constantly criticize oneself and focus on their flaws.
- Have a hard time accepting compliments.
- Always assume the worst about oneself.
- Frequently engage in self-deprecating or negative self-talk.
- Often undermine abilities and downplay accomplishments.

## Avoiding challenges

- Afraid of failing, so avoid trying new things.
- Afraid of being judged, so avoid putting oneself out there.
- Afraid of making mistakes, so always play it safe.
- Often feel overwhelmed or anxious when faced with new opportunities or challenges.
- Have a fear of stepping outside of your comfort zone?

## Dependence on others

- Need constant validation from others to feel good about yourself.
- Rely on others to make decisions.

- Afraid to be alone because I feel good enough
- Struggle to assert your own opinions and preferences.
- Have difficulty setting boundaries and saying no to others.

### **Self-destructive behaviors**

- Use drugs, alcohol, or other substances to cope with low self-esteem.
- Engage in self-harm or other forms of self-destructive behavior.
- Engage in excessive risk-taking or impulsive behaviors.
- Neglect physical or mental well-being due to feelings of worthlessness.
- Engage in negative coping mechanisms such as emotional eating or excessive spending.

### **Low self-confidence**

- Don't believe in yourself.
- Afraid to take risks or pursue goals.
- Doubt abilities and often feel inadequate.
- Downplay achievements or attribute them to luck or external factors.
- Have a persistent fear of failure or fear of success.

### **Unrealistic expectations**

- Set unrealistic expectations and feels disappointed when you can't meet them.
- Constantly compare oneself to others and feel inferior.
- Overly critical of one's performance or accomplishments.
- Feel like there's a need to be perfect to be worthy or accepted.
- Difficulty acknowledging and celebrating one's strengths and positive qualities.

### Negative body image

- Unhappy with one's appearance.
- Focus on flaws and ignore strengths.
- Compare oneself to others and always come up short.
- Engage in excessive dieting or extreme measures to change one's physical appearance.
- Feel self-conscious and avoid certain activities or social situations because of body image concerns.

### Social withdrawal

- Avoid social situations because I'm afraid of being judged or rejected.
- Have difficulty initiating or maintaining relationships.
- Feel isolated or disconnected from others.
- Often feel like I don't belong or that I'm not interesting enough for others.
- I experience heightened social anxiety or fear of being evaluated by others.

### Emotional difficulties

- Frequently experience feelings of sadness, anxiety, or worthlessness.
- Struggles to regulate emotions or express needs.
- Difficulty accepting love and support from others.
- Tend to internalize negative experiences or criticism.
- Tend to be overly self-critical and beat oneself up emotionally.

### Perfectionism

- Have an excessive need to be perfect in everything.
- Set unrealistic standards for yourself and feel like a failure if you don't meet them.

- Highly self-critical and never feel satisfied with one's performance or achievements.
- Fears judgment and rejection from others if mistakes happen or fall short of perfection.
- Struggle to delegate tasks or ask for help because of the feeling you should be able to do everything perfectly on your own.