

The First Great Step ~ Identify Low Self-Esteem ~

The identification of low self-esteem is the first and most revealing step in your quest for a higher self-image. It is easy to identify low self-esteem characteristics by naming low self-esteem personality traits. Before the low self-esteem behaviors are revealed, prepare yourself for an emotional revelation.

There's an excellent chance you'll find a few of your own character traits in the upcoming descriptions. Be prepared. In the next few moments you'll experience a complete revelation and start to feel enlightened, or you'll go into complete denial and become emotionally upset or confused. As you'll continually discover during your search for self-esteem, nothing is more powerful than the truth, more specifically, being honest with yourself.

The Identifiable Symptoms of Low Self-Esteem Syndrome

Low self-esteem behavior has reached epidemic proportions. How can we prove low self-esteem syndrome really exists? Where's the proof? Perhaps the best way to uncover the truth is by asking yourself some simple but revealing questions about human behavior, about common personality traits. Ready?

Let's begin with, "Do I, or anyone I know, act or behave *angry, impatient, hotheaded, sarcastic, jealous, violent, cruel, hateful, unfriendly, insensitive, vain, insane, greedy, unethical, immoral, rude, inattentive, phony, paranoid, dishonest, co-dependent, obnoxious, indecent, sad, mad, lazy, oversensitive, irresponsible, holier-than-thou, rebellious, moody, depressed, suicidal, neurotic, stressed, revengeful, unforgiving, shy, shameful, lustful, selfish, materialistic, or envious?*"

If you answered no to the above questions,

ask yourself, "Do I, or anyone I know, ever *make fun of others, laugh at other's mistakes, interrupt others, talk only about themselves, argue, constantly complain, scream at a spouse, yell at a child, make obscene gestures, intimidate others, tease others, brown-nose, dwell on the past, mismanage money, procrastinate, sulk, embarrass easily, cheat on income taxes, steal supplies from work, or suffer from fear of failure?*"

If you're still answering no, how about, "Is anyone I know a *liar, gossip, poor listener, show-off, braggart, loudmouth, talkaholic, flirt, cheater, thief, racist, supremacist, workaholic, spendthrift, perfectionist, gambler, drug user, alcoholic, food abuser, sex fiend, sore loser, sociopath, dare devil, party animal, deadbeat, or reclusive loner?*"

If you're still answering no to the questions, it's time to read a newspaper, magazine, or watch the nightly news and you'll easily identify the following low self-esteem personalities: murderers, serial killers, drug dealers, dictators, terrorists, carjackers, child molesters, wife beaters, rapists, arsonists, rioters, shoplifters, con artists, slum lords, and crooked politicians (to name a few).

After reading the descriptions, people reluctantly admit, "Well, every once in a while maybe I do get a little impatient and yell at the kids...so what!" or "Maybe I'm guilty of taking home a pencil or two from the office...big deal!" or "When I scream at other drivers on the freeway I feel better...anyway, they usually deserve it!" You hear excuses such as, "Based on the first amendment, I have the right to tell jokes about the President, or anyone else I want!" or "Hey, I'm just following what my parents taught me and look how good I turned out!" or "All

right, so I get a little depressed every once in a while, who doesn't?" The responses go on—and on—and on. Many people conclude their comments with the following statement, "Okay, I admit I have one or two personality traits mentioned on the list, but that doesn't mean I have low self-esteem." Another typical response is, "I know low self-esteem people are bad and I'm good; therefore, I can't have low self-esteem."

Are These Responses Right or Wrong?

As mentioned earlier, many people won't admit they suffer from low self-esteem. Some individuals are somewhat aware of their disorders, living in a self-denial mode, but the majority of people are simply unaware or uneducated about what low self-esteem really is.

So back to the question. When an individual admits to yelling at children and then adds, "But that doesn't mean I suffer from low self-esteem," is the individual right or wrong? Is the statement correct or incorrect?

To answer now would be untimely and most inappropriate, for the path to personal freedom must be traveled very cautiously. First, you must find out exactly what low self-esteem acts and behaves like so you may begin your self-esteem adventure—your search for a higher self-image.

It's time for you to meet those familiar low self-esteem characters you encounter every day of your life—at home, at work, at play, and in personal relationships. You will first learn HOW they behave, before you learn WHY they behave as they do. Ready? Here are the low self-esteem personalities:

- Intimidator**
- Impatient Hothead**
- Daily Depressant**
- Rebel Outlaw**
- Oversensitive Soul**
- Shy Scaredy-Cat**
- Hypocrite Liar**
- Compulsive Self-Abuser**
- Co-Dependent**
- Unfriendly Phony**
- Underachieving Procrastinator**
- Miserable Miser**
- Show-Off Braggart**
- Unethical Trickster**

- Stressaholic**
- Worry Wart**
- Gossip Monger**
- Talkaholic**
- Spoiled Brat**
- Conceited Looker**
- Power Fanatic**
- Sarcastic Assassin**
- Complaining Pessimist**
- Prankster**
- Arguing Sorehead**
- Unforgiving Avenger**
- Low Self-Esteem Lover**
- Angry Bigot**
- Moody Maniac**
- Low Self-Esteemer**

INTIMIDATOR

These controlling characters are the domineering physical bullies who get in your face, resorting to physical violence to get their way. Preying on smaller and weaker foe, these Big Bullies specialize in the physical threat, obscene gesture, or scare tactic before their opponent gets the upper hand. How do Intimidators function in society? At home, these pushy individuals are over-bearing and rule with an iron fist, unwilling to bend or compromise. During school these Ruffians choose off everyone in the schoolyard. At work they order co-workers around. If they are the boss, these Dominators threaten employees with demotions and terminations as part of the daily work routine. At play these Brutes wipe out opponents, determined to beat their adversary at any cost. At personal relationships, Intimidators rule the nest by harassing their partner into fear and emotional submission—one violent threat after the other.

IMPATIENT HOTHEAD

These volatile characters are angry and upset about everything, finding any excuse to yell and scream at family members, friends, relatives, co-workers, and any unfortunate strangers who cross their path. These angry Loudmouths are incredibly short-tempered and easily provoked; don't expect them to wait for anything. They specialize in appearing calm but may explode

into an uncontrollable rage without warning. How do Impatient Hotheads function in society? At home these Yellers are unpredictable and shout about the least little incident. At work these Screamers recklessly raise their voice, overreacting to the smallest mistakes. At play these Time Bombs yell insults and obscenities, especially when they're losing or not getting their way. At personal relationships, Impatient Hotheads cause their ill-at-ease partner to live in constant fear of being harassed, yelled and screamed at—a one-sided relationship.

DAILY DEPRESSANT

These downcast characters look at life as hopeless. They appear down-hearted, long-faced, and miserable. Always sad, often suicidal, these Lethargics barely make it through the day. When asked why they're depressed, these emotionally lost souls search for logical answers, mumbling, "I don't know" as they unhappily sigh. How do Daily Depressants function in society? At home these sullen Couch Potatoes are often asleep or staring endlessly at the television. At work these Poker Faces appear bored, getting little accomplished. At play they give up easily and if losing exclaim, "See, I always lose!" At personal relationships, Daily Depressants are filled with self-pity. Functional relationships are impossible as the Melancholic's partner suffers from unending emotional neglect.

REBEL OUTLAW

As neglected children, these unnurtured characters discovered that by being naughty, they got attention. Soon, these young rebellious Radicals craved recognition so desperately they joined gangs, cults, and began hanging around the wrong crowd. Eventually, these emotionally abandoned children became Criminals, terrorizing neighborhoods, robbing banks, hijacking planes, trains, and automobiles. How do Rebel Outlaws function in society? At home (if they have one), they're restless and bored, probably plotting their next heist. At work (which they despise) Rebels never last

long and are usually terminated, or they quit. At play they make sure they win—anyway they can. At personal relationships, Rebel Outlaws place personal issues or causes such as robberies, terrorism, riots, gang banging, and rebel rousing above the needs of their partner.

OVERSENSITIVE SOUL

These overcautious characters take things personally. Each comment is considered a dig and every statement has a double meaning or hidden message. When you compliment them by saying their hair looks great, they're thinking "I know I must look terrible, they're really making fun of me!" These Paranoids, always on the defensive, are unwilling to accept any compliments. How do Oversensitive Souls function in society? At home they act temperamental, hypersensitive, and irreversibly irritable. At work, these Thin Skins overreact to fellow employees' comments or suggestions. At play they're quarrelsome, easily hurt, and deeply sad when losing. At personal relationships, Oversensitive Souls never open up and show their true feelings—they're shamefully suspicious and untrusting of their partner. Worst yet, these Headcases overanalyze every statement, making conversation virtually impossible.

SHY SCAREDY~CAT

These easily embarrassed characters are quiet, shy, and think by staying out of everyone's way they'll be popular. These Cowards avoid confrontations, allowing people to step all over them. Having every phobia imaginable, these Wussies are afraid to try new things or meet new people—fear is their greatest enemy. Their favorite saying is "I can't!" How do Shy Scaredy-Cats function in society? At home (which they seldom venture from) these Reclusives are withdrawn, allowing others to do as they please. At work these brown-nosing Yes People are intimidated by others, won't make decisions, and are victims of cruel office jokes and harassment. At play they're unsociable and reluctant to

join in the fun. At personal relationships, Shy Scaredy-Cats are unbearably bashful, coy and unconfident, expecting their partner to carry the emotional load—do it all.

HYPOCRITE LIAR

These deceiving characters are two-faced liars, fibbers, and perjurers. These Sham Artists have been untrue to themselves and others since childhood, graduating from little white lies to huge whoppers. By adulthood these Deceivers lie so much they forget where the lie ends and the truth begins. How do Hypocrite Liars function in society? At home they fib from morning to night, and when caught, firmly deny each lie. At work these political-minded Fibsters make co-workers uneasy and employees mistrustful. At play these Poor Sports lie through their teeth just to win. At personal relationships, Hypocrite Liars create such an unstable atmosphere their partner lives with frequent feelings of deceit and betrayal; after all, smooth-tongued, lip-serving Charlatans are untrustworthy.

COMPULSIVE SELF-ABUSER

These characters are obsessive, self-indulgent, and generally out of control. Whether their bad habit is food, drugs, alcohol, cigarettes, gambling, shopping, or sex, these addicts don't know when to quit. These Self-Destructors have no willpower and are psychologically dependent on self-pleasure and immediate gratification. How do Compulsive Self-Abusers function in society? At home they're unstable and enslaved to the refrigerator, the television, the bedroom, the bottle, or some other form of instant pleasure. At work these Selfaholics are unproductive, lacking the fortitude or stability to focus on objectives. At play (which they seem to be good at) their only concern is to have unending fun, often at the expense of others. At personal relationships, Compulsive Self-Abusers are held captive by lifelong bad habits. These Craveaholics have no time for their neglected partner, only their own obsessions.

CO-DEPENDENT

These Manipulators are dependent on the people around them, obsessed with controlling the other person's behavior. Co-Dependents are the Reactionary Caretakers of society; that is, they either overreact or under react to the dysfunctional behavior of others. Overcommitters feel bored or worthless without some crisis occurring or someone to help. How do Co-Dependents function in society? At home they anticipate others' needs, then react by helping, then feel victimized, used and unappreciated. At work they control others and stick their nose where it doesn't belong. At play they say yes when they really mean no. At personal relationships, Co-Dependents fail to say what they mean and never mean what they say. These Sociopathic Martyrs force advice on others, then become upset and resentful, eventually ending the dysfunctional self-pity cycle with, "I've been used—why am I never appreciated?"

UNFRIENDLY PHONY

These crusty characters are unsociable, unneighborly, and inhospitable. When you say hello or good morning they pretend they didn't hear you and look the other way. Appearing aloof and uppity, these rude Ignorers can be extremely mean and uncaring. Most amazing is how these High and Mighties are suddenly friendly around people they like. How do Unfriendly Phonies function in society? At home they're cold and distant, seemingly ungrateful when complemented or noticed. At work these Socialites are uncooperative and not considered a team player. At play they form a clique of belligerent buddies, rudely ignoring opponents. At personal relationships, Unfriendly Phonies stay at arms length, expecting their insulted partner to tolerate continual rude and distant behavior. Stuck-Up Snobs hurt everyone's feelings—everywhere they go.

UNDERACHIEVING PROCRASTINATOR

These highly unsuccessful characters are irresponsible, unambitious, and lazy. They're often uneducated and make every excuse to stay that way. These Excusaholic goof-offs are society's social drop outs—totally afraid of success. How do Underachieving Procrastinators function in society? At home they mope around and waste away, never finishing a task or project. Schoolwork is considered taboo and totally avoided. At work, if they even have a job, Backsliders are methodically tardy, faithfully ignoring their duties—barely getting by. At play these perennial Quitters fall short of expectations and are appropriately called Losers. At personal relationships, Underachieving Procrastinators evade all responsibility, becoming an emotional goldbrick to their frustrated partner.

MISERABLE MISER

These characters are money-grubbing, penny-pinching, miserable Tightwads. They believe money isn't everything—it's the ONLY thing. These Scroogies, greedy and extremely stingy, never share with others. Hoarding began in childhood when they tenaciously refused to share their toys. How do Miserable Misers function in society? At home all decisions revolve around finances. Activities are discouraged or cancelled because of cost. At work Greedaholics act suspicious, mistrustful, and step on others for a pay raise. They join co-workers for lunch, but when the bill arrives they boldly moan, "Gee, I forgot my money!" as moths fly from their wallet. At play Hoarders are too serious about winning. At personal relationships, Miserable Misers relentlessly remind their partner, "Stop spending my paycheck! You can't afford that! I'm not made of money!"

SHOW-OFF BRAGGART

These Exaggerators tell you how great they are—how they've done it all. From early

childhood, these Loudmouths desperately desire recognition, craving center stage. Dreaming of stardom, these attention-seeking Entertainers love to act and put on a show. How do Show-Off Braggarts function in society? At home these Story Tellers demand continual attention as they boast about past, present, and future exploits. At work they tell tall tales and act outlandish, anything to outdo fellow employees. At play they dwell on the past, bragging about their athletic skills—how they "should have turned pro!" At personal relationships, Show-Off Braggarts proudly repeat their extraordinary feats, reminding each partner how lucky they are to hear such thrilling stories.

UNETHICAL TRICKSTER

These corrupt characters are cheaters, thieves, and social swindlers. Having observed unethical parents since childhood, these Scoundrels have no scruples. Lacking moral fiber, they forsake self-honesty and truth for dishonesty and deceit—showing total disregard for their fellow citizens. How do Unethical Tricksters function in society? At home they steal from family members and if caught, firmly deny it or somehow justify it. At school they cheat on homework and tests. At work these careless Kleptomaniacs steal everything they get their hands on—from five cent erasers to large amounts of money or goods. Yes, these sly Immoralites even cheat on their taxes! At play they are dishonorable opponents and poor sports—victory at any cost. At personal relationships, Unethical Tricksters have no morals—they can't be trusted. Pretenders faithfully cheat behind their partner's back.

STRESSAHOLIC WORRY WART

These Psychotics are ill-at-ease nervous wrecks, agonizing over the silliest little things. Worriers worry about worrying. Experiencing one anxiety attack after the other, these Neurotics eventually succumb to major big time burnout. They're best known for their uncanny