Building a Positive Self-Esteem

UWEC Counseling Services

Counseling helps people grow!

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This is a good place to briefly describe your products or services. This description should effectively summarize what your organization offers. It typically does not include sales copy.
You are not alone! Many people experience poor self-esteem. Feelings of low self-esteem can be triggered by:

- being treated poorly by others (recently or in the past)
- by a person’s own thoughts of him or herself

This is normal. However, low self-esteem is a constant battle for too many people, especially those who experience depression, anxiety, phobias, psychosis, trauma, or who have an illness or a disability. If you are one of these people, you may go through life feeling bad about yourself needlessly. Low self-esteem keeps you from enjoying life, doing the things you want to do, and working toward personal goals.

You have a right to feel good about yourself!