

How to increase self-esteem

The man who does not like himself, just not able to truly be happy and successful. He will always interfere with complexes, feelings of insecurity will not allow you to take the plunge. But in order to gain the confidence necessary to conduct considerable work and change the look of some things.

No matter what other people think. Everyone has their own tastes and preferences, they are largely dependent on education, level of culture, the environment in which people live. So do not take seriously all the criticism, heard from outsiders. Because one may not like long hair, and the second simply does not perceive a woman with short. Therefore, the most important opinion is your own.

No self-flagellation, especially privselyudno. If every day to tell myself that others are smarter, prettier, slimmer, Willy-nilly, it is possible to believe seriously and others will take such assurances even more. Instead, every day to praise yourself for anything, even for the smallest thing.

Do not follow the instructions of others, if they are at odds with their own opinions. Should not unconditionally accept someone else's opinion as truth, we should realize that even more experienced people can make mistakes.

Not to transgress their own conscience. What would the situation was not, and the choice between integrity and profit, it is better to be done in the direction of honesty. Because what today seems a little stuff that nobody will notice, and it is even possible that the user will appreciate, it may come back to haunt the soul for many years. And this self esteem will not increase.

To keep emotions under control. When a person is angry, he may feel that shouting and insulting words he can to put you in your place. But even if that happens, it is cooled down, and realizes the meanness of his deed and guilt to stay in the shower for a long time, and if the outburst occurred in the presence of other people, then everything will be added and a sense of shame in front of their friends or colleagues.

To cultivate. The more one knows, the more interesting the world becomes around you, the easier it is to find a common language with [pay for essay fast](#) other people. Besides knowledge adds points to the box of self-esteem.

To stop drift. And most importantly, stop looking for blame for their failures. You just need to get out and do something dreamed about since childhood.