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16Banish Your Self-Esteem Thief Step 1 of building positive self-esteem is to understand what self-esteem means . Your self-esteem is... how you think and feel about yourself. These thoughts and feelings can involve:

- your awareness of who you are
- how you think about your characteristics and traits
- how you think about your abilities and skills
- how you think about your strengths and weaknesses
- how you

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think about the mistakes you make • what expectations you place on ...

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