

# **Barriers to Self-Esteem**

**Read over the list and circle which barriers you feel can keep a person from developing healthy self-esteem. In small groups, discuss how a person could overcome those barriers.**

Humiliation

Fear

Pain

Loneliness

Algebra

Guilt

Tempers

Anger

Envy

Boyfriend

Girlfriend

Shyness

Hate

Perfectionism

Criticism

Mystery

Put-downs

Lack of trust

School

Friends

Fighting

Depression

Happiness of others

Stealing

Negative attitude

Choices

Drugs

Toxic relationships

Standards

Sports

Love

Homelessness

Hunger

Body image

Words

Being boxed in

Lost communication

Anxiety

Disrespect

Non-acceptance

Rejection

Being distant

Being/Feeling left out

Prejudice

Stereotype

Sexism

Emotions

Being laughed at

Stress

Being "not good enough"

Selfishness

Intelligence

Not trying

Expectations

Sex

Patience

Rumors

Bad experiences

Conflict

Temptation

Sin

Time

Personal failure

"I don't care"

Differences

Church

War

Self-doubt

Ignorance

Blindness

Past hurts

Competition

Being "average"

Lack of talents

Chaos

Family arguments

Satanism

Jealousy

No respect

Dishonesty

Alcohol

Violence