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Low Self-Esteem:

May be Signs of a person with low self-esteem:

- Not able to accept compliments.
- Sees self as ugly, valueless, a burden, and unimportant.
- Unable to say no to others.
- Is not able to identify positive characteristics of self
- Anxious in social situations

Psychotherapy goals are:

- Raise self-esteem
- Develop positive self-image
- Learn to be assertive in communication
- Be comfortable in social settings
- Increase confidence and be able to appreciate self and self-worth

"Health and Happiness is my dedication to CHILDREN and their FAMILIES!" Dr. Marjan