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not without contingency" [92] In this belief, as expounded by theologian Paul Tillich, acceptability is not based on a person's virtue, but on an acceptance given "in spite of our guilt, not because we have no guilt...[93] Psychiatrist Thomas A Harris drew on Tillich for his classis I'm OK - You're OK that addresses non-contingent self-esteem. Harris said, "Tillich's "acceptability" is a term that means "acceptable" [94] The Christian message, said Harris, is not "I CAN SAVE YOU. If you ARE ACCEPTED, you will be saved." [95] A secular, non-religious message, Harris believed, is that one is ontologically accepted and accepted happiness. Whereas self-esteem addresses how individuals appraise themselves in their entirety, domain-specific self-esteem facets relate to how they appraise themselves in various pertinent domains of life. Such functionally distinct facets of self-evaluations in social, emotional, body-related, school performance-related, and creative-artistic domains [97] [98] They have been found to be predictive of outcomes related to psychological functioning, health, education, and work.[99] Low self-esteem in the social domain (i.e., self-perceived social competence), for example, has been repeatedly identified as a risk factor for bullying victimization.[100][97] Abraham Maslow states that psychological health is not possible unless the essential core of the person is fundamentally accepted, loved and respected by others and by oneself. Self-esteem allows people to face life with more confidence, benevolence, and optimism, and thus easily reach their goals and self-actualize.[101] Self-esteem may make people convinced they deserve happiness.[102] José-Vicente Bonet claims that the importance of self-esteem is obvious as a lack of self-esteem is, he says, not a loss of esteem from others, but self-rejection. Bonet claims that this corresponds to major depressive disorder.[17] Freud also claimed that the depressive has suffered "an extraordinary diminution in his self-regard, an impoverishment of his ego on a grand scale... He has lost his self-respect" [10] The Yogyakarta Principles, a document on international human rights law, addresses the discriminatory attitudes toward LGBT people that makes their self-esteem low to be subject to human rights violation including human trafficking [04] The World Health Organization recommends in "Preventing Suicide" [105] published in 2000, that strengthening students' self-esteem is important to protect children and adolescents against mental distress and despondency, enabling them to cope adequately with difficult and stressful life situations.[106] Not only does higher self-esteem increase happiness, but it is also associated with improved stress coping and increased willingness to look on challenging tasks.[107] In contrast, a study examined the impact of boosting self-esteem. It found that high self-esteem does offer some benefits, but they are limited. It is often a result, rather than a cause, of success. The researchers also found that efforts to boost self-esteem may not consistently lead to improved performance, and that self-esteem's influence on life outcomes is modest, except for a temporary increase in positive self-image awareness.[108] From the late 1970s to the early 1990s many Americans assumed as a matter of course that students' self-esteem acted as a critical factor in the grades that they earned in school, in their relationships with their peers, and in their later success in life. Under this assumption, some American groups created programs which aimed to increase the self-esteem of students. Until the 1990s, little peer-reviewed and controlled research took place on this topic. Peer-reviewed research undertaken since then has not validated previous assumptions. Recent research indicates that inflating students' self-esteem in and of itself has no positive effect on grades. Roy Baumeister has shown that inflating self-esteem by itself can actually decrease grades.[109][110] The relationship involving self-esteem and academic results does not signify that high self-esteem contributes to high academic results. It simply means that high self-esteem may be accomplished as a result of high academic performance due to the other variables of social interactions and life events affecting this performance.[6] Attempts by pro-est-eeem advocates to encourage self-pride in students solely by reason of their uniqueness as human beings will fail if feelings of well-being are not accompanied by actual doing. It is only when students engage in personally meaningful endeavors for which they can be justifiably proud that self-confidence grows, and it is this growing self-assurance that in turn triggers the positive achievement effect. [11] Research has found a strong correlation between high self-esteem and self-reported happiness, but it is not yet known whether this relationship is causal. This means that although people with high self-esteem tend to report greater happiness, it is not certain whether having high self-esteem directly causes increased happiness.[6] The relationship between self-esteem and life satisfaction is stronger in individualistic cultures. [112] In addition, people with high self-esteem have been found to be more forgiving than people with low self-esteem. This is because people with high self-esteem tend to have greater self-acceptance and are more likely to view conflict in a positive light, as an opportunity for growth and improvement. In contrast, people with low self-esteem may have a harder time forgiving others, due to a sense of insecurity and self-doubt.[113] High self-esteem does not prevent children from smoking, drinking, taking drugs, or engaging in early sex.[6] Self-esteem has been associated with several mental health conditions, including depression,[114] anxiety,[114] and eating disorders.[115] For example, low self-esteem may increase the likelihood that people who experience dysfunctional thoughts will develop symptoms of depression.[116] Consequently, cognitive treatment of depression helps with low self-esteem, and vice versa, addressing low self-esteem improves depressive symptoms.[117] In contrast, high self-esteem may protect against the development of mental health conditions, with research finding that high self-esteem reduces the chances of bulimia[6] and anxiety.[118] In research conducted in 2014 by Robert S. Chavez and Todd F. Heatherton, it was found that self-esteem is related to the connectivity of the frontostriatal circuit. The frontostriatal pathway connects the medial prefrontal cortex, which deals with self-knowledge, to the ventral striatum, which deals with feelings of motivation and reward. Stronger anatomical pathways are correlated with higher levels of self-esteem, while stronger functional connectivity is correlated with higher short-term self-esteem.[119] Albert Ellis, an influential American psychologist, argued that the concept of self-esteem is actually harmful and unhelpful [120] Although acknowledging the human propensity and tendency to ego rating as innate, he has critiqued the philosophy of self-esteem as unrealistic, illogical and self- and socially destructive – often doing more harm than good. Questioning the foundations and usefulness of generalized ego strength, he has claimed that self-esteem is based on arbitrary definitional premises, and overgeneralized, perfectionistic and grandiose thinking [120] Acknowledging that rating and valuing behaviors and characteristics is functional and even necessary, he sees rating and valuing human beings' totality and total selves as irrational and unethical. The healthier alternative to self-esteem according to him is unconditional self-acceptance and unconditional other-acceptance.[121] Rational Emotive Behavior Therapy is a psychotherapy based on this approach.[122] "There seem to be only two clearly demonstrated benefits of high self-esteem...First, it increases initiative, probably because it lends confidence. People with high self-esteem are more willing to act on their beliefs, to stand up for what they believe in, to approach others, to risk new undertakings. [This unfortunately includes being extra willing to do stupid or destructive things, even when everyone else advises against them...]. It can also lead people to ignore sensible advice as they stubbornly keep wasting time and money on hopeless causes"[123] For persons with low self-esteem, any positive stimulus will temporarily raise self-esteem. Therefore, possessions, sex, success, or physical appearance will produce the development of self-esteem, but the development is ephemeral as best.[124] Such attempts to raise one's self-esteem by positive stimulus produce a "boom or bust" pattern. "Compliments and positive feedback" produce a boost, but a bust follows a lack of such feedback. For a person whose "self-esteem is contingent", success is "not extra sweet", but "failure is extra bitter" [88] Life satisfaction, happiness, healthy behavioral practices, perceived efficacy, and academic success and adjustment have been associated with having high levels of self-esteem [125][126][127][128][129].270[excessive citations] However, a common mistake is to think that loving oneself is necessarily equivalent to narcissism, as opposed for example to what Erik Erikson speaks of as "a post-narcissistic love of the ego" [130] People with healthy self-esteem accept and love themselves unconditionally, acknowledging both virtues and faults in the self, and yet, in spite of everything, are able to continue to love themselves. In narcissists, by contrast, an "uncertainty about their own worth gives rise to... a self-protective, but often totally spurious, aura of grandiosity"[131] – producing the class "of narcissists, or people with very high, but insecure, self-esteem... fluctuating with each new episode of social praise or rejection." [2].479 For narcissists, regulating their self-esteem is their constant concern. They use defenses (such as denial, projection, self-inflation, envy, arrogance, and aggression), impression management through self-promotion, embellishment, lying, charm, and domination, and prefer high-status, competitive, and hierarchical environments to support their unstable, fragile, and impaired self-esteem.[132] Narcissism can thus be seen as a symptom of fundamentally low self-esteem, that is, lack of love towards oneself, but often accompanied by "an immense increase in self-esteem" based on "the defense mechanism of denial by overcompensation." [133] "Idealized love of self...rejected the part of him" that he denigrates – "this destructive little child"[134] within. Instead, the narcissist emphasizes their virtues in the presence of others, just to try to convince himself that they are a valuable person and to try to stop feeling ashamed for their faults.[17] such "people with unrealistically inflated self-views, which may be especially unstable and highly vulnerable to negative information...tend to have poor social skills." [2].126 Wikiquote has quotations related to Self-esteem. Assertiveness Body Image Clinical depression Dunning-Kruger effect Emotional competence Fear of negative evaluation Gumption trap Health-related embarrassment Hubris Inner critic Invisible support Law of Jante Optimism bias Outline of self-overconfidence effect Passiveness Self-affirmation Self-enhancement Self-esteem functions Self-esteem instability Shyness Social phobia ^ a b Hewitt, John P. (2009). "The Social Construction of Self-Esteem". 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