

# self-esteem *(self-es-teem)*

## Definition

n. confidence in one's own worth or abilities.

## Example Sentence

She is trying to build her **self-esteem** through daily affirmations. Spelled with a hyphen.

## More Example Sentences

**Self-esteem** helps us feel good inside.

## Synonyms

self-worth; confidence; self-respect

## Antonyms

self-doubt; insecurity; low self-esteem

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