

Ultimate Guide For Getting Over Depression

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Improving Self-Esteem

Bend over backwards to please people . Observe people carefully to see if they are ever displeased with me (Dormant Low Self-Esteem) At-Risk Situation . Cancelled dinner with a friend because of work commitments . Negative Self-Evaluations "I am a useless and pathetic friend" "I don't deserve to have friends"

As Bill See's It - SoberPuppy

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