

**self-esteem**[ˌselfɪˈstiːm] *n*

- самоуважение, чувство собственного достоинства
- редк.* сомнение; самоутверждение

**self-esteem**

Oxford Advanced Learners Dictionary 8th Ed.

**self-esteem** [self-esteem] *BrE* <sup>ˈ</sup> *NAmE* <sup>ˈ</sup> *noun uncountable*

a feeling of being happy with your own character and abilities

**Syn:** ↑self-worth

- to have **high/low self-esteem**
- You need to build your self-esteem.

Example Bank:

- Some children suffer from low self-esteem and expect to do badly.
- They are beginning to regain their confidence and self-esteem.

**self-esteem**

Longman DOCE 5th Ed. (En-En)

**self-esteem** *BrE* <sup>ˈ</sup> *AmE* <sup>ˈ</sup> *noun [uncountable]*the feeling of being satisfied with your own abilities, and that you deserve to be liked or respected ⇔ **self-respect****raise/build (up)/boost sb's self-esteem**

- Playing a sport can boost a girl's self-esteem.
- students' sense of self-esteem

**low/poor self-esteem** (=not much self-esteem)

...

**THESAURUS**

- confidence** the feeling that you have the ability to do things well, and to not make mistakes or be nervous in new situations: You need patience and confidence to be a good teacher. | **have the confidence to do something**: 'We have the confidence to beat Brazil,' said Sampson. | After the accident it took a long time before she had the confidence to get back in a car again. | **full of confidence** (=very confident): I went into the test full of confidence, but it was more difficult than I had imagined.
- self-confidence** a strong belief that you can do things well and that other people will like you, which means you behave confidently in most situations: He's new in the job but he has plenty of self-confidence. | Studies show that girls tend to lose some of their self-confidence in their teenage years. | Students who get some kind of work experience develop greater self-confidence and better communication skills.
- morale** the level of confidence, satisfaction, and hope that people feel, especially a group of people who work together: **low/high morale**: Morale among the soldiers has been low. | **keep up morale** (=keep it at a high level): They sang songs to keep up their morale until the rescuers arrived.
- assurance/self-assurance** a feeling of calm confidence in your own abilities, especially because you have a lot of experience: She envied the older woman's assurance. | Danby spoke to the committee with the self-assurance of an expert.
- self-esteem** the feeling that you are someone who deserves to be liked and respected: Getting a job did a lot for her self-esteem. | Sports should build a child's self-esteem, not damage it.

**self-esteem**

Freakuency Pack

2749 **5511**<sup>6848</sup> *nn1*4 **431517**<sup>4</sup> *jj*