

Self Esteem For Girls 100 Tips For Raising Happy And Confident Children

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This is probably because girls suffer a larger decrease in self-esteem during that time than do boys. What a vicious circle: girls lose confidence, so they quit competing, thereby depriving ...

[The Confidence Gap - The Atlantic](#)

3. Resilience Through Self-Awareness. Basically, self-awareness is about knowing the A-B-C of our mind, where A is the Antecedent or the cause that has led to the current situation, B is the behavior or the way we have chosen to react to it, and C is the consequence that our actions and emotions are likely to bring.

[What is Emotional Resilience and How to Build It ...](#)

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Most bullies had average or better than average self-esteem. How common is bullying? A 2001 study by psychologist Tonja Nansel, PhD, and colleagues involving more than 15,000 U.S. students in grades six through 10 found that 17 percent of students reported having been bullied "sometimes" or more often during the school year.

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