

# SELF-ABASEMENT

*Meaning: Self-abasement is the act of belittling or degrading oneself, often resulting in diminished self-esteem and confidence.*

1. Self-abasement can often lead to a lack of confidence and self-worth in an individual.
2. In moments of self-abasement, she found it difficult to accept compliments from her friends.
3. His tendency towards self-abasement made it challenging for him to pursue leadership roles.
4. The culture of self-abasement in the workplace stifled creativity and innovation among employees.
5. Through therapy, she learned to replace self-abasement with a more balanced view of her abilities and achievements.

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