

SELF-DEGRADATION

Meaning: Self-degradation is the act of lowering one's own dignity or self-worth, often resulting in negative impacts on mental health and self-esteem.

1. Engaging in self-degradation can deeply affect one's mental health and self-esteem.
2. The artist's work often explores themes of self-degradation and personal struggle.
3. She realized that her constant self-degradation was hindering her progress and happiness.
4. In literature, self-degradation is sometimes portrayed as a means of character development.
5. The speaker addressed the audience about the dangers of self-degradation in today's competitive society.

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