

SELF-DELATION

Meaning: Self-delation is the act of undervaluing or belittling one's own accomplishments and worth.

1. Self-delation can often lead to a distorted self-image that hinders personal growth.
2. In moments of self-delation, one might mistakenly believe that their achievements are unworthy of recognition.
3. The artist spoke of self-delation as a barrier to expressing his true creative potential.
4. Fighting against self-delation requires a conscious effort to acknowledge one's own strengths.
5. She recognized that self-delation was sabotaging her confidence and decided to seek support.

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