

Dimensions of Self-Esteem

Significance - a feeling you are important, of being loved and cared about and that you matter to someone

Competence – a feeling of becoming increasingly skilled in a number of areas compared with others who are important to you

Power – a feeling of some control over being who you are, making things happen, having an effect on the people and events, and living your life satisfactorily

Virtue – a feeling of being good; how much of a gap is there between how good individuals perceive themselves to be and how good they want or need to be.



Stanley Coopersmith

The Antecedents of Self-esteem.
San Francisco: Freeman WH; 1967