

NE PAS OSER
DIRE NON !
(DIFFICULTÉS À
S'AFFIRMER)

DIFFICULTÉS
À AGIR
(PEUR DE NE PAS
RÉUSSIR)

ÉVITER
LES GENS ET LES
SITUATIONS
(SE BLÂMER
SOUVENT)

6 *Symptômes* **MANQUE DE CONFIANCE EN SOI**

NE PAS EXPRIMER
SES DÉSIRES
ET SES BESOINS
(CULPABILISATION
EXCESSIVE)

SE SENTIR
INFÉRIEUR AUX
AUTRES

CHERCHER
À TOUT
CONTRÔLER

+ **BONUS** : 3 Symptômes Indirects ÉTONNANTS...

MAPSY EN LIGNE CHEZ MOI

Saffirmer Mecircme Si On Manque De Confiance En Soi

LL Leslie



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