



Pride or Low Self-Esteem? [See Tricycle Article.](#)

Do we in the West suffer more from pride or from low self-esteem?

How should we deal with approval, with criticism?

Are we justified in giving criticism to others? What is the best way to do it?

Re: Dalai Lama story of not understanding Western people's lack of self-esteem - why do we have low self-esteem, if this is true?

How do you deal with your inner critic?