



FIGURE 5.16

Self-Esteem and Emotional Reactions to Success and Failure

After succeeding or failing at a test of their verbal ability, participants indicated how they felt in general (left-hand panel) and how they felt about themselves (right-hand panel). Both self-esteem groups felt sad and unhappy when they failed (left-hand panel), but low self-esteem participants felt especially bad *about themselves* when they failed (right-hand panel).

Source: J. D. Brown and Dutton (1995).