

Self-Esteem Check Up

First, rate from 0-10 how much you believe each of the following statements. 0 means you completely disbelieve it. 10 means you think it is completely true.

Statements:

1. I am a worthwhile person. _____
2. I am as valuable as a person as anyone else. _____
3. I have the qualities I need to live well. _____
4. When I look into my eyes in the mirror I have a pleasant feeling. _____
5. I don't feel like an overall failure. _____
6. I can laugh at myself. _____
7. I am happy to be me. _____
8. I like myself, even when others reject me. _____
9. I love and support myself, regardless of what happens. _____
10. I respect myself. _____
11. I am generally satisfied with the way I am developing as a person. _____
12. I'd rather be me than someone else. _____

Total Score: _____

A) Rate your self-esteem on the following scales:

0 _____ 100
Total lack of Self-esteem _____ Total fullness of self-esteem

Your Response _____

B) How often do you feel restricted in your daily activities because of difficulties with self-esteem?

1 2 3 4 5
Always Often Sometimes Rarely Never

Your Response _____

C) How serious do you feel your problem is with self-esteem?

1 2 3 4 5 6
No Mild Moderate Severe Extremely Totally
Problem Problem Problem Problem Severe Incapacitating