

Self-Esteem Assessment

Rate each of the items below on the following scale:

- 3 Always
 - 2 Over half of the time
 - 1 Occasionally
 - 0 Never
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- _____ 1. When someone compliments me, I don't have any difficulty accepting the compliment.
 - _____ 2. When I meet a person for the first time, I see his/her positive qualities first.
 - _____ 3. I feel good about myself and my abilities.
 - _____ 4. When confronted by a new situation, I view it as an opportunity or challenge.
 - _____ 5. I can close my eyes and see myself accomplishing my goals.
 - _____ 6. When confronted with a problem, I engage in positive thinking and/or planning.
 - _____ 7. If asked, people would describe me as a positive person.
 - _____ 8. I develop plans and work toward my goals.
 - _____ 9. I believe my actions have a great deal to do with my happiness/success in life.
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Total Points: _____

Interpretation

23-27 Great self-esteem.

You feel good about yourself and your capabilities. You are an optimist with positive attitudes.

18-22 Good self-esteem.

Usually you feel good about yourself and your capabilities. Overall you are an optimist with positive attitudes.

14-17 Moderate self-esteem.

There are times when you experience self-doubts. You vary between being an optimist and a pessimist, but you tend to be more positive than negative.

9-13 Diminished self-esteem.

There are times when you experience self-doubts. You vary between being an optimist and a pessimist, but you tend to be more negative than positive.

0-8 Negative self-esteem.

You do not feel good about yourself and your capabilities. You are a pessimist who usually has negative attitudes.