

Self-Esteem Assessment

Examine the following statements and indicate to what degree you agree with them.

5 - strongly agree

4 - agree

3 - somewhat agree

2 - disagree

1 - strongly disagree

___ I feel that I have value as a person. I'm equal to others.

___ I have many good and attractive qualities.

___ I take a positive attitude towards myself.

___ Overall, I feel satisfied with myself.

___ I feel I have reasons to be proud of myself.

___ My abilities are on par with others – I can do things well.

___ There are things I appreciate about myself.

- ___ I am able to say “no” with confidence.
- ___ I view myself as a leader, rather than a follower.
- ___ How I feel about myself is more important than what others think about me.
- ___ I am certain that people who are closest to me like, love, and care about me.
- ___ I feel my life has purpose and direction

(Adapted from Rosenberg Self-Esteem Scale)

Scoring

Calculate your **Self-Esteem Assessment Score** by adding each rating.

- **39-55** – Your self-esteem seems solid enough – keep it up.
- **38-24** – Your self-esteem is seriously low – let’s talk.
- **23 & below** – You’re critically underestimating yourself – let’s work together.