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:

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total lack of Self-esteem</td>
<td>Total fullness of self-esteem</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your Response ________

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

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Always</td>
<td>Often</td>
<td>Sometimes</td>
<td>Rarely</td>
<td>Never</td>
</tr>
</tbody>
</table>

Your Response ________

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

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Problem</td>
<td>Mild Problem</td>
<td>Moderate Problem</td>
<td>Severe Problem</td>
<td>Extremely Severe Problem</td>
<td>Totally Incapacitating</td>
</tr>
</tbody>
</table>

Your Response ________

Adapted from The Self Esteem Workbook (2001) – Glenn R. Schiraldi, Ph.D.
VIA www.charlenerichardrsw.com