

## 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