

## MEASURING SELF-ESTEEM

Use the following scale and give each statement a number from 1 to 6.

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

1. I find it difficult to hear criticism about myself. \_\_\_\_\_
2. I do not feel that I'm a person of worth, other people are more important. \_\_\_\_\_
3. I tend to magnify my mistakes and ignore my successes. \_\_\_\_\_
4. I feel that I have a number of bad qualities. \_\_\_\_\_
5. I am easily embarrassed. \_\_\_\_\_
6. All in all, I am inclined to feel that I am a failure. \_\_\_\_\_
7. I often compare myself to others. \_\_\_\_\_
8. My achievements in life have been mostly due to good luck. \_\_\_\_\_
9. I often make decisions on the basis of what would please others without even considering my own needs. \_\_\_\_\_
10. I rely on the opinion of others to make decisions. \_\_\_\_\_

The lower the score (ideally below 30), the better.

If you disagree with many of those statements and are actually quite comfortable in accepting yourself just the way you are, then you more than likely have quite good self-esteem.

If you feel equally as entitled as anyone else to take up room on this planet and enjoy the pleasures that life can bring, then any changes you make from now on will be built on a solid foundation that take you from strength to strength.