

# SELF-ESTEEM INVENTORY

This assessment is not a measure of your worth. It is a tool that can serve as an indicator of where you can benefit from looking at beliefs that foster low self-esteem.

*Rate yourself on a scale of 0-4 for each statement.  
Your answers should reflect you current feelings and behaviours.*

**0 = NEVER    1 = RARELY    2 = SOMETIMES    3 = OFTEN    4 = ALWAYS**

- **1** My feelings about myself are dependent on other people's opinions.
- **2** I get my feelings hurt easily.
- **3** I find it difficult to be myself when someone popular is near me.
- **4** I feel uncomfortable if my friends know that I make good grades or am proud of my achievements.
- **5** I find it difficult to say no when my friends want to do something that adults would not approve of.
- **6** I do not like to be alone.
- **7** I see people's faults before I see their good points.
- **8** I say positive, kind things to myself in my mind with my self-talk.
- **9** I feel my own feelings and think my own thoughts, even when those around me think or feel differently.
- **10** I am a good person, even when I make mistakes or behave badly.
- **11** I am of equal value to all other people. I am not "better than" or "less than" anyone else.
- **12** I forgive myself and others for making mistakes.
- **13** I accept responsibility for my choices, both wise and unwise, and willingly accept the consequences.
- **14** I develop my interests and use my talents.
- **15** I choose to love and respect every human being, including myself.

*A person with higher self-esteem scores low on the first seven statements and high on the last eight.*



*A person with lower self-esteem scores high on the first seven statements and low on the last eight.*