

## How High is Your Self-esteem?

By Amy Scholten, MPH

Do you feel good about yourself? Do you believe in yourself? Do you give yourself credit for your accomplishments? Self-esteem plays a key role in our happiness, accomplishments and ability to have fulfilling relationships. This assessment is designed to help you gauge your general level of self-esteem and determine whether you need to work on your self-image. Please keep in mind that this is not a diagnostic tool. If you have concerns about your self-esteem, please see a mental health care provider.

**Directions:** Please read each statement carefully and select the answer that best describes your situation. Circle the number (1, 5 or 10) that corresponds with your answer. When finished, add all of your points and interpret your score at the bottom of the page.

**1. I believe that I deserve to be happy and loved.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**2. Even if I'm given constructive (helpful, good-intentioned) criticism, I get upset.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**3. I believe I can achieve my goals if I'm persistent and committed.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**4. When I know that I need help, I easily ask for it and accept it from others.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**5. I tend to dwell on my flaws, mistakes and failures rather than my assets and successes.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**6. I feel threatened by, or envious of, successful people.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**7. I need others' admiration and approval to feel good about myself.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**8. I think that my abilities and talents are important.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**9. I stay stuck in situations that make me unhappy because I don't think I can do any better.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**10. I'm comfortable expressing my feelings and opinions in my personal relationships.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**11. In social situations, I tend to feel anxious that other people are judging me.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**12. I feel confident in my ability to handle life's challenges.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**13. I generally see myself as a likeable or lovable person.**

Frequently – 10  
Sometimes – 5  
Rarely or never - 1

**14. I'm proud of my accomplishments.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**15. I accept all my feelings and impulses, no matter how unflattering they are (note: this does NOT mean that you ACT on these feelings).**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**16. I fear abandonment by those I love.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**17. I engage in activities that support my health and well being.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**18. I judge myself harshly for not being good enough.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**19. Rather than use mistakes as a reason to feel ashamed of myself, I view them as part of the learning process.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**20. I feel that I deserve the compliments that people give me.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**21. When I look in the mirror, I focus on flaws in my appearance.**

Frequently – 1  
Sometimes – 5  
Rarely or never – 10

**22. I tend to “be myself” even if it conflicts with what other people expect of me.**

Frequently -10  
Sometimes – 5  
Rarely or never – 1

**23. I expect people to like me the way I am, but if they don't, I don't worry about it too much.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**24. I have faith in myself.**

Frequently – 10  
Sometimes – 5  
Rarely or never – 1

**25. My own fear keeps me from going back to school, learning new skills, or advancing my career.**

Frequently – 1  
Sometimes – 5  
Rarely or never - 10

## Personal Self-esteem Score

<b>25-80</b>	Your score suggests a low level of self-esteem. You may have difficulty expressing your feelings, asserting your needs, and may be too concerned about others' opinions of you.
<b>81-130</b>	Your score suggests a medium level of self-esteem. You may be afraid to take risks that could be beneficial. You need to work on developing more self-acceptance and self-confidence.
<b>131-180</b>	Your score suggests that your self-esteem is fairly high, but there are some areas that could use improvement.
<b>181-250</b>	Your score suggests that you have a high level of self-esteem and self-respect.

### Source:

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### Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.