

How Well Do You Like Yourself?

How is your self-esteem? By answering the following statements truthfully, you can get a broad idea of how happy you are with yourself. Next to each statement put the number that reflects your feeling:

- 4 if the statement is totally true
- 3 if it's mostly true
- 2 if it's partly true
- 1 if it's hardly true
- 0 if it's not true at all

1. ___ I enjoy waking up in the morning.
2. ___ I'm usually in a good mood.
3. ___ Most people like me.
4. ___ When I look in the mirror, I like what I see.
5. ___ If I were a member of the opposite sex, I'd find me attractive.
6. ___ I'm intelligent.
7. ___ I enjoy my work.
8. ___ There aren't very many things about myself I'm ashamed of.
9. ___ I feel comfortable about the number of my friendships.
10. ___ I have plenty of energy.
11. ___ I'm basically an optimistic person.
12. ___ I can laugh at my mistakes.
13. ___ If I could live my life over, there isn't much I'd change.
14. ___ I'm an interesting person.
15. ___ I'm happy with my personal relationships.
16. ___ I'm still growing and changing.
17. ___ Other people care about me.
18. ___ There's nobody quite like me.
19. ___ There's not much I'd change about my appearance.
20. ___ I'm a kind person.
21. ___ I don't have many regrets about my life.
22. ___ The people I care about value my opinions.
23. ___ I'm not afraid to express my feelings.
24. ___ If there really was a heaven, I'd go there after I die.
25. ___ I feel comfortable in a conversation.
26. ___ I can make of my life whatever I want.
27. ___ There aren't very many people I'd trade places with.
28. ___ I've led an interesting life.
29. ___ Nothing is too good for me.
30. ___ I like where I live.

How did you rate?

120-95 high self-esteem; 94-70 moderately high self-esteem; 69-45 average self-esteem; 44-20 moderately low self-esteem; 19-0 low self-esteem.