Attachment Informed Parenting Esteem Checklist

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Disclaimer: The following checklist provides inferences and impressions about self-esteem as viewed through the eyes of the evaluator's self-assessment. Checklist items provide definitions associated with self-esteem and its expression for the purpose of informing about the concept as it relates to attachment security and social behavior. Results only indicate implicit or intuitive evaluation relative to inferences and impressions and limited relevance for increased awareness self-esteem related issues. Changes between results on multiple uses of this checklist may or may not indicate valid or reliable progress over the course of time—unless supported by corroborating evidence from other sources.

When I present myself I tend to exhibit or appear:

	-3	-2	-1	0	1	2	3	
1. Subordinate	☐	☐	☐	☐	☐	☐	☐	Confident
2. Self-Assured	☐	☐	☐	☐	☐	☐	☐	Introverted
3. Unmotivated	☐	☐	☐	☐	☐	☐	☐	Highly Motivated
4. Assertive	☐	☐	☐	☐	☐	☐	☐	Overly Flexible

BEHAVIORS OF SELF-ESTEEM THAT TEND TO CHARACTERISE ME. I tend to:

	Never 0	Seldom 1	Often 2	Very Often 3	Always 4	Score
5. Deflect compliments	☐	☐	☐	☐	☐	
6. Make disparaging self-statements-----→	☐	☐	☐	☐	☐	
7. Feel anxious in social settings-------→	☐	☐	☐	☐	☐	
8. Feel sense of worth inside --------→	☐	☐	☐	☐	☐	
9. Feel comfortable talking about my feelings----------→	☐	☐	☐	☐	☐	
10. Fear criticism or rejection----------→	☐	☐	☐	☐	☐	
11. Avoid saying "no"→	☐	☐	☐	☐	☐	
12. Ignore my gut feelings----------→	☐	☐	☐	☐	☐	

Higher Score-> Lower Esteem

#1-4 Score*

#5-12 Score**

* #'s 1 and 3 use reverse scoring (add to total score) 9 highest -9 lowest

**#'s 8 and 9 use reverse scoring (subtract from total score)

24 highest
8 Lowest