

SELF-ESTEEM - SELF ASSESSMENT



Do you frequently compare yourself to others? Focus on your shortcomings? Dismiss your accomplishments and the compliments others offer?

You may be suffering from low self-esteem.

Answer the questions below that relate to life experiences common among people with low self-esteem. Read each question carefully then indicate how often you experience the same or similar challenges in the past few months.

1. Do you place little value on your own thoughts?

- Never
- Rarely
- Sometimes
- Often
- Very Often

2. Do you frequently compare yourself with others?

- Never
- Rarely
- Sometimes
- Often
- Very Often

3. Do you focus heavily on your weakness or shortcomings?

- Never
- Rarely
- Sometimes
- Often
- Very Often

4. Do you struggle to accept positive feedback?

- Never
- Rarely
- Sometimes
- Often
- Very Often

5. Are you quick to dismiss your skills and accomplishments?

- Never
- Rarely
- Sometimes
- Often
- Very Often

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6. Do you find that you are very sensitive to criticism?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often
7. Do you struggle to make decisions or stand by them?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often
8. Do you feel anxious or uncomfortable in social situations?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often
9. Do you back down in disagreements to appease the other person?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often
10. Do you struggle to leave the house without makeup or primping?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often
11. Do you hide yourself under baggy clothing or change your personal style to fit in with others?
- Never
 - Rarely
 - Sometimes
 - Often
 - Very Often

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12. Do you try to make your personality "smaller" to fit in?

- Never
- Rarely
- Sometimes
- Often
- Very Often

13. Are you indecisive in the midst of simple decisions?

- Never
- Rarely
- Sometimes
- Often
- Very Often

14. Do you give up on your goals and dreams before you've really started?

- Never
- Rarely
- Sometimes
- Often
- Very Often

15. Do you slouch and display a low body stance?

- Never
- Rarely
- Sometimes
- Often
- Very Often

16. Do you have a habit of negative self talk?

- Never
- Rarely
- Sometimes
- Often
- Very Often

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SCORING: Give yourself: Questions answered Very Often. _____ x 5 = _____

Questions answered Often. _____ x 4 = _____

Questions answered Sometimes. _____ x 3 = _____

Questions answered Rarely. _____ x 1 = _____

Questions answered Never. _____ x 0 = _____

Added TOTAL = _____

Low to No Indication of Low Self-Esteem = Total of 0-20

Mild Indication of Low Self-Esteem = Total of 20-40

Moderate Indication of Low Self-Esteem = Total of 40-60

High Indication of Low Self-Esteem = Total of 60-80

This Self Assessment is no substitute for a proper diagnosis from a health care professional and we would encourage you to schedule an appointment with your doctor or other mental health professional if you feel like you are in the moderate to high range of indication.