

# HOW DO YOU FEEL ABOUT YOURSELF?

This self-esteem exercise is designed to help you put your feelings about yourself into perspective. There are fifty statements on the exercise. The thing to keep in mind is: How true are the statements in relationship to you: Always, Usually, Occasionally, Rarely, or never? Circle the number (4, 3, 2, 1, 0) that most closely represents your feelings at this time. Total the numbers in each column and add them together for a final score. Use the answer box for your scoring.

## SELF-ESTEEM EXERCISE

4 = Always; 3 = Usually; 2 = Occasionally;  
1 = Rarely; 0 = Never

1. If I were a member of the opposite sex, I would find me attractive.
2. I feel well dressed.
3. I enjoy being seen in a bathing suit.
4. I like being seen at parties and other social occasions.
5. My weight is close to where I want it.
6. I like looking at myself in a full-length mirror.
7. I enjoy shopping for new clothes.
8. If someone hurts my feelings, I tell them.
9. I see the bright side of most situations.
10. I feel important as a person.
11. I can handle my own in a conversation.
12. People value my ideas and opinions.
13. I am not easily discouraged.
14. I am in a good mood.
15. I am energetic.
16. I feel good about my sexuality.
17. I can laugh at my own mistakes.
18. I feel intelligent.
19. I deserve the best. Nothing is too good for me.
20. I easily forgive; I don't bear grudges.
21. I like me as I am.
22. I feel I am in control of my future.
23. I can do almost anything I really set my mind to.
24. Other people like me.
25. I enjoy meeting and talking to new people.
26. I accept responsibility for everything I think, feel, say, and do.
27. I feel good about other people's good fortune.
28. There's very little I am ashamed of.
29. If I had my life to live over, I wouldn't change much.
30. My life has been very interesting.
31. I feel I have accomplished something important in life.
32. I like the place where I live.
33. I enjoy my vocation.
34. I am able to confide in people.
35. I do not find fault with my family, friends, or associates.
36. People generally admire me.
37. I am open and honest and not afraid of letting people see my real self.
38. I am still growing as a person.
39. I am friendly, thoughtful, and generous toward others.
40. I am a kind person.
41. Luck plays only a small part in my life.
42. I enjoy getting up in the morning.
43. I would be difficult to replace.
44. My life is full.
45. I can take care of myself.
46. Other people need me.
47. I have done very little that worries me.
48. I am able to graciously accept compliments and gifts.
49. I've got a style that is unmistakably my own.
50. If I ever got in trouble, my friends would be right there, helping.

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	Always	Usually	sionally	Rarely	Never	Always	Usually	sionally	Rarely	Never	
1.	4	3	2	1	0	26.	4	3	2	1	0
2.	4	3	2	1	0	27.	4	3	2	1	0
3.	4	3	2	1	0	28.	4	3	2	1	0
4.	4	3	2	1	0	29.	4	3	2	1	0
5.	4	3	2	1	0	30.	4	3	2	1	0
6.	4	3	2	1	0	31.	4	3	2	1	0
7.	4	3	2	1	0	32.	4	3	2	1	0
8.	4	3	2	1	0	33.	4	3	2	1	0
9.	4	3	2	1	0	34.	4	3	2	1	0
10.	4	3	2	1	0	35.	4	3	2	1	0
11.	4	3	2	1	0	36.	4	3	2	1	0
12.	4	3	2	1	0	37.	4	3	2	1	0
13.	4	3	2	1	0	38.	4	3	2	1	0
14.	4	3	2	1	0	39.	4	3	2	1	0
15.	4	3	2	1	0	40.	4	3	2	1	0
16.	4	3	2	1	0	41.	4	3	2	1	0
17.	4	3	2	1	0	42.	4	3	2	1	0
18.	4	3	2	1	0	43.	4	3	2	1	0
19.	4	3	2	1	0	44.	4	3	2	1	0
20.	4	3	2	1	0	45.	4	3	2	1	0
21.	4	3	2	1	0	46.	4	3	2	1	0
22.	4	3	2	1	0	47.	4	3	2	1	0
23.	4	3	2	1	0	48.	4	3	2	1	0
24.	4	3	2	1	0	49.	4	3	2	1	0
25.	4	3	2	1	0	50.	4	3	2	1	0
Sub-Total	—	—	—	—	—	Total Score	—	—	—	—	—

## INTERPRETATION OF SELF-ESTEEM EXERCISE

The total possible score on this exercise is 200. If you score above 180, there is the possibility you were exaggerating. To score this high, you obviously must circle a lot of 4's. A 4 means *always* and always is an absolute; there are no exceptions. A person with a very high score may have a tendency to be rigid and slightly out of touch with reality. Perhaps the attitude is, "That is the way it *should* be, and I can't bear to admit there are moments when it isn't."

If you scored below 100, you were probably exaggerating also. It indicates that you have a habit of anticipating the worst—and then fulfilling your own expectations.

In each class that we give this exercise, we look for the curve. An average of 60 percent will score *between* 130 and 159. More often than not, more people will score *below* 130 than those who score *above* 160.