

Self Image Survey

Directions: Read each statement. If you agree with it, put a 3 on the line in front of the statement. If you disagree, put a 1. If you are not sure whether you agree or disagree or if you agree sometimes and you disagree sometimes, put a 2 on the line.

- ___ 1. Whenever I make a mistake, I feel terrible.
- ___ 2. I have some good friends.
- ___ 3. Most teachers think I am stupid.
- ___ 4. I enjoy being by myself sometimes.
- ___ 5. I'm always worried about the future.
- ___ 6. I regularly take time to relax and have fun.
- ___ 7. I try to avoid conflict at all times.
- ___ 8. It doesn't bother me that I sometimes make mistakes.
- ___ 9. People make fun of me a lot.
- ___ 10. I like helping other people.
- ___ 11. I cannot stand to be alone.
- ___ 12. I'm usually not afraid to try something I've never done before.
- ___ 13. I set very high standards for myself but seldom measure up to them.
- ___ 14. I think that most other people my age have the same worries and fears that I have.
- ___ 15. I tend to do whatever my friends tell me to do.
- ___ 16. I know I have some skills and talents.
- ___ 17. Compared to most other people, I don't really stand out.
- ___ 18. My family is generally supportive of me.
- ___ 19. It is easier for me to remember the bad things that have happened to me than to remember the good things.
- ___ 20. For me, life is basically exciting.

Column A

Column B