

here are fifty statements that most people could make about themselves from time to time. Indicate how often each statement would hold true for you by giving it a mark from 0 to 4.

Statement is true: 4 = 90% or more of the time.
 3 = 60-90% of the time.
 2 = 40-60% of the time.
 1 = 10-40% of the time.
 0 = less than 10% of the time.

1. If I were a member of the opposite sex, I would find me attractive.
2. I usually feel well dressed.
3. I enjoy being seen in a bathing suit.
4. I like being seen at parties.
5. My weight is pretty 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 so.
9. I'm optimistic.
10. I feel important.
11. I can handle my own in a conversation.
12. People value my opinions.
13. It takes a lot to discourage me.
14. I'm in a good mood.
15. I'm energetic.
16. I enjoy sex.
17. I can laugh at my own mistakes.
18. I feel intelligent.
19. Nothing is too good for me.
20. I don't bear grudges.
21. There's not too much about me that I'd really like to change.
22. I feel I'm in control of my destiny.
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 hardly blame myself for anything.
27. There aren't many people I would change place with.
28. There's very little I'm ashamed of.
29. If I had my life to live over, I wouldn't change much.
30. My life has been pretty interesting.
31. I've accomplished a good deal.
32. I like the place where I live.
33. I enjoy my work.
34. I like to confide in people.
35. I don't let people push me around.
36. People generally admire me.
37. People don't usually take me for granted.
38. I'm still growing.
39. I'm not stuck in a rut.
40. I'm a kind person.
41. Luck plays only a small part in my life.
42. I enjoy getting up in the morning.
43. I'd be difficult to replace.
44. My life is full.
45. I can take care of myself.
46. Other people need me.
47. I've done very little that worries me.
48. Most of the people I meet are worse off than I.
49. I've got a style that's unmistakably my own.
50. If I ever get in trouble, my friends would be right there, helping.

DO YOU REALLY LIKE YOURSELF?
David S. Viscott, M.D.