

How do you feel about yourself?

Assess your own level of self-esteem by honestly answering these questions.

Most people feel bad about themselves from time to time. So, when answering these questions, think about how you feel most of the time.

YES NO

1. Are you easily hurt by criticism?..... YES NO
2. Are you very shy or overly aggressive?..... YES NO
3. Do you try to hide your feelings from others?..... YES NO
4. Do you fear close relationships?..... YES NO
5. Do you try to blame your mistakes on others?..... YES NO
6. Do you find excuses for refusing to change?..... YES NO
7. Do you avoid new experiences?..... YES NO
8. Do you continually wish you could change your physical appearance?..... YES NO
9. Are you too modest about personal successes?..... YES NO
10. Are you glad when others fail?..... YES NO

YES NO

1. Do you accept constructive criticism?..... YES NO
2. Are you at ease meeting new people?..... YES NO
3. Are you honest and open about your feelings?..... YES NO
4. Do you value your closest relationships?..... YES NO
5. Are you able to laugh at (and learn from) your own mistakes?..... YES NO
6. Do you notice and accept changes in yourself as they occur?..... YES NO
7. Do you look for and tackle new challenges?..... YES NO
8. Are you confident about your physical appearance?..... YES NO
9. Do you give yourself credit when credit is due?..... YES NO
10. Are you happy for others when they succeed?..... YES NO