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.

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