

The Self-Esteem Survey

Self-esteem is a crucial aspect of emotional health, as it affects how each of us views and responds to the world around us. Developing a lens that is empowered by high self-esteem enables us to meet life's many challenges with strength and confidence.

Instructions:

The Self-Esteem Survey contains 15 phrases related to self-esteem. Please read each statement and then rate it (checking one response from 1 to 5) in terms of how much it is true of you. Take your time and answer as openly as possible, as your responses are crucial for helping your clinician to establish an effective, self-esteem-enhancing treatment plan just for you.

	Very Untrue (1)	Untrue (2)	Neutral (3)	True (4)	Very True (5)
1. I am proud of my accomplishments					
2. I enjoy my own company					
3. I am deserving of respect					
4. I do not need others' approval to feel good about myself					
5. I take good care of my body					
6. I stand-up for myself					
7. I am lovable					
8. I am comfortable engaging in social activities					
9. I have good ideas					
10. I do not compare myself to other people					
11. I am resilient					
12. I am good at what I do					
13. I am a self-confident person					
14. It is easy for me to be myself					
15. I am fun to be around					