

The Self-Esteem Check-up

Worksheet

Self-esteem refers to a person's overall sense of their value or worth. It can be considered a sort of measure of how much a person approves of, appreciates, values, or feels positive about themselves.

This Self-Esteem Check-up is designed to give you some insights into your own sense of self-love, self-respect, and the confidence you have in your capabilities.

Instructions

This rough check-up can be a useful way to get a snapshot of your self-esteem at a certain point in time.

Use this list of statements about your general self-directed feelings, and indicate how true you feel each statement is using the scale of 1-4.

You may find it useful to revisit it at a later date, noting any positive progress that you have made in how you appraise your own strengths and weaknesses, as well as your ability to accept them.

1 = Strongly Disagree

2 = Disagree

3 = Agree

4 = Strongly Agree

1	<i>In general, I'm satisfied with myself.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
2	<i>Sometimes, I feel I'm useless.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
3	<i>On the whole, I tend to feel that I'm a failure.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
4	<i>I believe I possess several good qualities.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
5	<i>I'm capable of doing things just as well as the average person.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
6	<i>There are times when I believe I'm no good at all.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree

7	<i>I don't feel I have a lot to be proud of.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
8	<i>I believe I'm as worthy as most others.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
9	<i>I'd love to be able to respect myself more.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
10	<i>All in all, I have a positive perspective of myself.</i>	Strongly Agree	Agree	Disagree	Strongly Disagree
	Total:				

Scoring

Items 2, 3, 6, 7, and 9 are reverse scored.

Add up your total score for all 10 statements. A higher total score out of 40 will indicate higher self-esteem according to this assessment.

Adapted from:

- Ciarrochi, J., Heaven, P. C., & Davies, F. (2007). The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study. *Journal of Research in Personality*, 41(6), 1161-1178.