

SELF-ESTEEM QUESTIONNAIRE

Your First name and age (last name optional) _____

Your email address: _____

Copy this Questionnaire into an email with your ratings. Rate each of these statements according to the following scale.

1 = Not true at all, 2 = Slightly true, 3 = Somewhat true, 4 = Mostly true, 5 = Very true.

Your final score can be arrived at according to the following scale:

1-26= High SE; 27-50= Good SE; 51-77= Moderate SE; 78-103= Low SE; 104-130=Very low SE

1. I am often critical and judgmental of others.
2. I often feel the need to defend myself, at least in my mind.
3. I am frequently irritated and angry, though it may not show.
4. I let others take advantage of me and walk over me.
5. If I were really honest, I'd have to say that I'm really afraid of closeness and intimacy with people at an emotional level.
6. I keep my emotions bottled up inside a lot.
7. I tend to be a bit compulsive and a perfectionist.
8. I feel overwhelmed many times.
9. My conscience seems to be very sensitive.
10. I can get very pessimistic and gloomy at times.
11. I am not comfortable in telling people that I love or need them.
12. I don't feel very wanted or appreciated a good deal of the time.
13. I don't frequently get compliments from people except for superficial things.
14. I am embarrassed when people praise me or flatter me.
15. I know that there are some people who still don't like me.
16. I have some personality characteristics I wish I didn't have.
17. I can be overdependent on what people think of me.
18. Somehow I don't feel very worthwhile or valuable.
19. I am not as cheerful and easy to laugh as I wish I were.
20. There are things I still feel guilty or ashamed about
21. I tend to worry about the same things over and over.
22. I can be pretty sensitive and touchy about things.
23. I know certain things in my past are still troublesome
24. People can really hurt me.
25. I am self-conscious in conversations.
26. I am uncomfortable when someone tells me they I love me or need me.

Add up your numerical responses and check the resulting category:

26-20=Very High Self-Esteem

19-15=Good Self-Esteem

14-10=Adequate Self-Esteem

13-10=Low Self-Esteem

9-1=Very Low Self-Esteem

FINAL SCORE: _____

Send to: allthings@counsellor.com