



SELF-ESTEEM QUIZ



A quiz for self-esteem is a way for you to determine how you see yourself. By being honest with yourself as to where you are today, you can see where you need to make improvements.

Your self-image is how you evaluate your own life, how you feel about school, your relationships and where you're going. How do you really feel about yourself? Do you have a harsh, negative opinion of yourself? Find out what kind of self-image you have by taking the quiz for self-esteem below.

For each question, choose one of the following answers.

Statement:	Never	Rarely	Sometimes	Usually	Always
You express your opinions openly					
You have no fear of being rejected by other people					
When you have to make a major decision that affects mostly you, you may consult with other people, but the final decision is your own					
You forgive yourself for your mistakes					
You believe you deserve the best life has to offer					
You accept yourself for being the way you are					
You are able to express your feelings, both positive and negative					
You set aside some time just for you					
You ask for help when you need it					
You will return an unsatisfactory item to a store					
You don't worry about what others think of you					
If you are dissatisfied with an important part of your life, you will take steps to make a change					
You are comfortable making eye contact with other people					
When criticized, you listen, but don't take it personally					
You are comfortable trying new things					
You can make a list of your accomplishments and/or positive qualities without a great deal of difficulty					
You are comfortable around successful people					
You believe you can handle anything					

Scoring:

1 points for each Never

2 points for each Rarely

3 points for each Sometimes

4 points for each Usually

5 points for each Always

My Score:

Total: