|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Statement** | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| 1. On the whole, I am satisfied with myself. |  |  |  |  |
| 1. At time I think I am no good at all. |  |  |  |  |
| 1. I feel that I have a number of good qualities. |  |  |  |  |
| 1. I am able to do things as well as most other people |  |  |  |  |
| 1. I feel I do not have much to be proud of. |  |  |  |  |
| 1. I certainly feel useless at times. |  |  |  |  |
| 1. I feel that I am a person of worth, at least the equal of others. |  |  |  |  |
| 1. I wish I could have more respect for myself. |  |  |  |  |
| 1. All in all, I am inclined to feel that I am a failure. |  |  |  |  |
| 1. I take a positive attitude toward myself. |  |  |  |  |

To get an informal estimate of our self-esteem, complete the following scale.

|  |  |
| --- | --- |
| ***Scoring:*** For statements 1, 3, 4, 7, and 10 score as follows: | For statements 2, 5, 6, 8, and 9 score as follows |
| Strongly Agree = 4 point | Strongly Agree = 1 point |
| Agree = 3 points | Agree = 2 points |
| Disagree = 2 points | Disagree = 3 points |
| Strongly Disagree = 1 point | Strongly Disagree = 4 points |

Add your points together, and interpret the total as follows: The highest possible score (i.e., an apparently very high level of self-esteem) is 40 points, and the minimum score (i.e., an apparently very low level if self-esteem) is 10. Most people score in the 30-to 40-point range. A much smaller number of people score in the 20s. A score of 10 to 20 is often found in people who suffer from chronic depression; those who score at this level should consider consulting a health care provider or call a 24-hour hotline such as 800-448-3000. Keep in mind that this is a very rough gauge of self-esteem and that scores will vary depending on a number of factors, including your mood when you complete the questionnaire.

Now consider the following:

* Do the results of the questionnaire match your own gut feelings about yourself?
* Do you think your self-esteem has changed? Do you have any ideas as to why?