

Measuring Your Self-Esteem

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
1. On the whole, I am satisfied with myself.				
2. At time I think I am no good at all.				
3. I feel that I have a number of good qualities.				
4. I am able to do things as well as most other people				
5. I feel I do not have much to be proud of.				
6. I certainly feel useless at times.				
7. I feel that I am a person of worth, at least the equal of others.				
8. I wish I could have more respect for myself.				
9. All in all, I am inclined to feel that I am a failure.				
10. 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 of 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?