Please respond to the following questions using a 1-10 scale:

Lowest 1 2 3 4 5 6 7 8 9 10 Highest

1. Did you grow up in a family where there was much love and nurturing? (If you did grow up in a family where there was much love and nurturing, give yourself a 9 or 10; if not, give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
2. Are you always honest with your feelings when dealing with other people? (If you are always honest with your feelings when dealing with other people, give yourself a 9 or 10; if not, give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
3. Are you making an attempt to resolve issues in your life, issues that are of great importance to you, or are you avoiding dealing with them? (If you are making an attempt to resolve important issues in your life, give yourself a 9 or 10; if not, give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
4. Do you ever volunteer to help others, people more needy than yourself? (If you do help others needier than yourself, give yourself a 9 of 10; if not, give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
5. Do you anger easily and is your anger often misdirected? (If you do not anger easily, give yourself a 9 or 10; if not, then give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
6. How is your eye contact when interacting with others? (If your eye contact is good, give yourself a 9 or 10; if not, give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
7. Are you a heavy smoker, or do you abuse alcohol or drugs? (If you do not smoke or abuse alcohol or drugs, give yourself a 10, 9 or 8.)
1 2 3 4 5 6 7 8 9 10
8. Are you a risk taker, and one who does not fear failure? (If you are not a risk-taker and one who does fear failure, five yourself a 1, 2, or 3; if you do take risks, and do not fear failure, give yourself a higher score.)
1 2 3 4 5 6 7 8 9 10
9. Are you often ill with colds, the flu, or other minor illnesses? (If yes, give yourself a 1, 2, or 3.)
1 2 3 4 5 6 7 8 9 10
10. When someone does something that makes you angry, do you tell them how you feel or do you keep your feelings inside yourself? (If you do not keep your feelings inside yourself, then give yourself a 9 of 10; if you do withhold your feelings, then give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
11. Do you speak your mind when an issue comes up about which you have strong feelings? (If you do speak your mind, then give yourself a 9 or 10; if not, then give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
12. Do you often find yourself telling a lie or a half-truth? (If you do not tell lies or half-truths, then give yourself a 9 or 10; if you do, then give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
13. Are you compassionate of other people’s plights in life? (If you are compassionate of other people’s plights in life, then give yourself a 9 or 10; if not, then give yourself a lower score.)
1 2 3 4 5 6 7 8 9 10
14. Do you ever see yourself as a victim, or do you often feel victimized by other people’s actions? (If yes, give yourself a 1, 2, or 3.)
1 2 3 4 5 6 7 8 9 10

**Your Score is:**

Total points **120-140** you more than likely have very high self-esteem. **90-120** your self-esteem is not bad, but could definitely use some work. Below **90** you need to look at how you’re interacting with other people in your life and begin a program to build your own self-image.

 “The higher your feelings of self-worth, and the more your life is in harmony, the closer you will perform to your skill level on a consistent basis. And it is only then that visualization techniques become effective.”

**Special Note:**

“Wagging the tail of the dog: as it applies to the misconception regarding the use of positive affirmations:

Reciting positive affirmations about yourself (and hoping for results) is like wagging the tail of a dog in hopes of tail-wagging will make the dog happy. It won't. The dog must be happy first, and then its tail will wag.