

SELF-ESTEEM QUESTIONNAIRE

SELF-ESTEEM according to Webster's means: **belief in oneself; self-respect.**

Check the box appropriate for how you feel the **majority of time.**

| Answer Yes or No to the following questions | Yes | No |
|---|------------|-----------|
| Do you have a hard time nurturing yourself? | | |
| Have you ever turned down an invitation to a party or function because of the way you felt about yourself? | | |
| Do you get your sense of self-worth from the approval of others? | | |
| Are you supportive of others but berate yourself? | | |
| Whenever things go wrong in life do you blame yourself? | | |
| Do you react to disappointment by blaming others? | | |
| Do you begin each day with a negative attitude? | | |
| Do you feel undeserving? | | |
| Do you ever feel like an impostor and that soon your deficiencies will be exposed? | | |
| Do you have an inner-critic who is disparaging or demeaning? | | |
| Do you believe that being hard on yourself is the best motivation for change? | | |
| Do your good points seem ordinary and your failings all-important? | | |
| Do you feel unattractive? | | |
| Have you ever felt your accomplishments are due to luck, but your failures due to incompetence or inadequacy.? | | |
| Have you ever felt that if you are not a total success, then you are a failure, and that there is no middle ground with no points for effort? | | |
| Do you feel unappreciated? | | |
| Do you feel lonely? | | |

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| Do you struggle with feelings of inferiority? | | |
| Do other people's opinions count more to you than your own? | | |
| Do you criticize yourself often? | | |
| Do others criticize you often? | | |
| Do you hesitate to do things because of what others might think? | | |
| TOTALS | | |

The more yes answers you have the greater the opportunity for improving your self-esteem.

Note to Professionals: While this self-esteem questionnaire has real face validity it has not been validated with psychometric testing and as such should not be used for psychological diagnosis or treatment.

Self-esteem is the **foundation** upon which we stand as we travel through life. Our self-esteem may be under assault from the world around us but we strongly believe that we all have the power to change ourselves and to build the strength of our own foundation. We are dedicated to the mission of assisting you to build your own good self-esteem.

The Positive Way
www.positive-way.com