

Self-Esteem Inventory

This **Self-Esteem Inventory** can be self-scored. The scoring scale is at the end of the questionnaire.

Below is a list of common symptoms of low self-esteem please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, indicating today, by circling the number in the corresponding space in the context to each symptom

	Unlikely (0)	Likely (1)	Very likely (2)	Definitely (3)
1. Verbalization of self-disparaging remarks.				___
2. Takes blame easily.				___
3. Accepting other people's negative opinions of you.				___
4. Seeing self as unattractive, worthless, stupid, a loser, a burden, and unimportant.				___
5. Lacking pride in grooming, hygiene, or dressing attire.				___
6. Accepts bullying, verbal, emotional and not defending yourself from criticism				___
7. Difficulties accepting compliments from others.				___
8. Refusal to take risks associated with new experiences.				___
9. Accepts failure and tend to give up easily.				___
10. Avoids social contact or invitation to social events with others.				___
11. Excessively seeking to please or receive attention and praise from others.				___
12. Inability to identify or accept positive traits or talents about self.				___
13. Fear of rejection, abandon or not being liked by others.				___
14. Engaging in defeating behavior (e.g., inappropriate sex, substance abuse, cutting, etc.)				___
15. Difficulty saying no or setting boundaries with others				___
16. Fear of being disliked by others				___
17. Feeling shame, guilty, fearful, and anger				___
18. Lack career goals or personal goals for self.				___
19. Lying to get others to like you or to impress others.				___
20. Buying friendships to get people to like you.				___
21. Difficulty saying no to others a people pleasing				___
22. Unable to praise self or do nice things for self without the influence of others.				___

Scoring – Total the number to achieve a grand total. ___

A grand sum between **0- 9** suggests self-esteem is within the normal range and shows self-esteem and value is evident in one's daily self-perception.

A grand score between **10-21** indicates low self-esteem concerns. It is possible that you might be realistic in either your self-assessment or that you have learned to "mask" the symptoms commonly associated with low self-esteem.

A grand sum between **22-35** indicates moderately self-esteem problems. Look for patterns as to when and why you experience the symptoms described above. Clearly, it is not "panic" time, but you want to find ways to build your self-worth and positive emotions.

A grand sum that exceeds **36** is of extreme concern. Again, look for patterns or times when you tend to feel the symptoms you have endorsed. If the scores are high, you need proactive treatment or there could be significant impact to your mental and physical health.