

Self-Esteem Assessment

High Self-Esteem

Check "Yes" or "No"	YES	NO
Are you proud of you accomplishments?		
Do you manage stress appropriately?		
Do you act independently?		
Are you energetic, active and spontaneous about your life?		
Do you assume responsibility?		
Are you confident and resourceful?		
Do you tolerate frustration well?		
Do you ask for help when you need it?		
Do you approach challenges with enthusiasm?		
Can you postpone gratification easily?		
Do you feel capable of taking charge of situations in your own life?		
Do you feel a sense of purpose in your life?		
Do you have a good sense of humor?		
Do you feel good about yourself?		
Are you able to internally validate?		

Low Self-Esteem

Check "Yes" or "No"	YES	NO
Do you avoid situations that require taking a risk due to fear?		
Do you have a general negative attitude and view on life?		
Do you feel powerless?		
Do you find yourself constantly complaining?		
Do you become easily angered?		
Are you clingy and dependent on others?		
Are you overly sensitive?		
Are you unsocial?		
Do you easily influenced by others to get their validation of you?		
Are you uncooperative and angry?		
Do you hate yourself?		
Are you isolated, only have a few friends or preoccupied with your performance in all activities?		
Do you frequently use the phrases "I don't know" or "I don't care" or "I can't"?		
Are you withdrawn?		
Do you blame other for your failures?		

Self Esteem Assessment Key

High Self-Esteem Assessment

If you answered most of these questions "yes", you probably have a healthy opinion of yourself.

Low Self-Esteem Assessment

If you answered most of these questions "no", you probably have an unhealthy opinion of yourself and should assistance to improve your self esteem before it continues to hurt your ability to be happy.