**PART 1: LOOKING AT YOURSELF**

**DIRECTIONS:** Below is a list of statements that describe personal

qualities. Read each statement and decide whether or not it

describes you. In the blank to the left of each statement, write

the number that represents your feelings about the statement.

**1 = strongly disagree; 2 = disagree, 3 = no opinion;**

1. **= agree; 5 = strongly agree**

\_\_\_\_\_\_ 1.I can be depended upon to do what I say I will do

\_\_\_\_\_\_ 2.I give in to others easily and often

\_\_\_\_\_\_ 3.I feel at ease and comfortable when I’m with others

\_\_\_\_\_\_ 4.I usually have to be told what to do at school or work

\_\_\_\_\_\_ 5.i try not to laugh at the mistake of others

\_\_\_\_\_\_ 6.I organize my work so it’s done on time

\_\_\_\_\_\_ 7.I often get discouraged at school

\_\_\_\_\_\_ 8.I can control my temper when I get angry

\_\_\_\_\_\_ 9.I have trouble making friends with others

\_\_\_\_\_\_ 10.I worry that friends might not like me if they knew what I was really like

\_\_\_\_\_\_ 11.When I make up my mind, I stick to it

\_\_\_\_\_\_ 12.It takes me a long time to adjust to change and anything new

\_\_\_\_\_\_ 13.I usually feel happy and cheerful

\_\_\_\_\_\_ 14.I often don’t finish what I start

\_\_\_\_\_\_ 15.I like to demonstrate how much I know to others

\_\_\_\_\_\_ 16.I often feel inferior to my classmates and co-workers

\_\_\_\_\_\_ 17.I like to talk a lot and often dominate conversations

\_\_\_\_\_\_ 18.I try not to be critical of other people

\_\_\_\_\_\_ 19.Most other people think I am an interesting person

\_\_\_\_\_\_ 20.I am good at solving problems

\_\_\_\_\_\_ 21.I have good athletics skills

\_\_\_\_\_\_ 22.I usually take action on the basis of what I am feeling

\_\_\_\_\_\_ 23.I try to be helpful and supportive to others

\_\_\_\_\_\_ 24.I don’t like the way I look

\_\_\_\_\_\_ 25.I handle most of my problems pretty well

\_\_\_\_\_\_ 26.I am a good thinker

\_\_\_\_\_\_ 27.I try to be fair to others

\_\_\_\_\_\_ 28.I don’t let criticism bother me if I know I have to done my best

\_\_\_\_\_\_ 29.I don’t have a lot of confidence in myself

\_\_\_\_\_\_ 30.I want to be admired by others

\_\_\_\_\_\_ 31.I have a good imagination

\_\_\_\_\_\_ 32.I don’t care what happens to me

\_\_\_\_\_\_ 33.I am not good at speaking in front of a group

\_\_\_\_\_\_ 34.Most of my teachers don’t like me

\_\_\_\_\_\_ 35.I have good ideas

\_\_\_\_\_\_ 36.I don’t like to meet new people

\_\_\_\_\_\_ 37.I am good at making or fixing things with my hands

\_\_\_\_\_\_ 38.I try to achieve to the very best of my ability

\_\_\_\_\_\_ 39.I find it easy to get along with people

\_\_\_\_\_\_ 40.I worry a lot

**PART II:**

**DIRECTIONS:** Look back over this list. Put a + beside any response that you believe shows high self-esteem. Put a – beside any response that shows low self-esteem. Compare the number of marked items on the list. What conclusions can you draw about your self-esteem?

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