

The Self-Esteem Checkup

First, rate from 0 to 10 how much you believe each of the following statements. 0 means you completely disbelieve it. 10 means you think it is completely true.

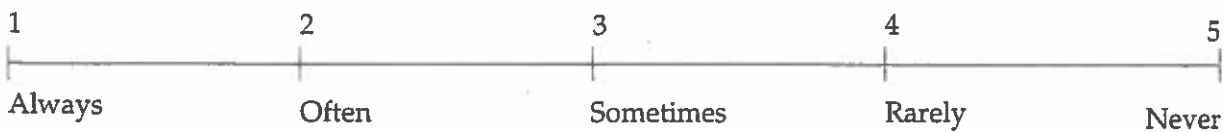
Statement	Rating
1. I am a worthwhile person.	_____
2. I am as valuable as a person as anyone else.	_____
3. I have the qualities I need to live well.	_____
4. When I look into my eyes in the mirror I have a pleasant feeling.	_____
5. I don't feel like an overall failure.	_____
6. I can laugh at myself.	_____
7. I am happy to be me.	_____
8. I like myself, even when others reject me.	_____
9. I love and support myself, regardless of what happens.	_____
10. I am generally satisfied with the way I am developing as a person.	_____
11. I respect myself.	_____
12. I'd rather be me than someone else.	_____
Total Score	_____

Next, rate your self-esteem on the following scales (Gauthier, Pellerin, and Renaud 1983):



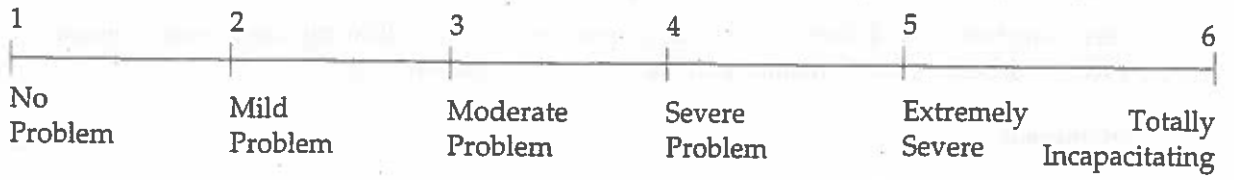
Your Response _____

How often do you feel restricted in your daily activities because of difficulties with self-esteem?



Your Response _____

How serious is your problem with self-esteem?



Your Response _____