**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. \_\_\_\_\_

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

0 100
|----------------------------------------------------------------------------------------------------------------------------------------|

Complete lack of Full of

Self-esteem Self-esteem

 **Your Response \_\_\_\_\_\_**

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

 1 2 3 4 5
 |--------------------------------|---------------------------------|--------------------------------|--------------------------------|
Always Often Sometimes Rarely Never

 **Your Response \_\_\_\_\_\_**

 *How serious is your problem with self-esteem?*

1 2 3 4 5 6
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
No Mild Moderate Severe Extremely Totally
Problem Problem Problem Problem Severe Incapacitating

 **Your Response \_\_\_\_\_\_**