

Self-Esteem Self-Test/Assessment

To determine your current level of self-esteem, consider your answers to the following statements
(circle your answers) :

- | | | | | |
|---|--------------|------------------|--------------|---------------------|
| 1. After making a mistake I can be overly critical of myself. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 2. I review situations or events over and over to figure out what I could have done better. | | <i>yes</i> | <i>no</i> | <i>unsure</i> |
| 3. If someone behaves inappropriately I prefer to ignore it and pretend it never happened. | | <i>yes</i> | <i>no</i> | <i>unsure</i> |
| 4. I apologize for things I do not need apologizing for. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 5. I say "I'm sorry" or "Excuse me" more than others. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 6. I avoid confrontation or conflict. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 7. When something becomes difficult, I procrastinate or avoid. | | <i>yes</i> | <i>no</i> | <i>unsure</i> |
| 8. I have a critical commentary in my head about things I say and do. | | <i>yes</i> | <i>no</i> | <i>unsure</i> |
| 9. I put others down to feel better about myself - OR - If I think someone might criticize me, I beat them to it. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 10. I overlook my strengths and dwell on my weaknesses. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 11. I look to others for affirmation or validation. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 12. I get intimidated in the presence of strong personalities. | | <i>yes</i> | <i>no</i> | <i>unsure</i> |
| 13. I feel like a victim in today's world. | <i>never</i> | <i>sometimes</i> | <i>often</i> | <i>all the time</i> |
| 14. How would I rate my current level of self-esteem on a scale of 1-10 (1=very low; 10= very high)? ____ /10 | | | | |

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Take a careful look over your answers. If you answered yes to any of the above questions ask yourself what that is about. If you answered "yes", "sometimes", "often", "all the time" to more than three of the above questions, you may suffer from low self-esteem.

NOTE: This questionnaire is provided for informational purposes only and is not intended to replace professional guidance. If you find that your mental, emotional, relational or physical well-being is being affected by your current low-self esteem you should seek professional guidance. Satisfaction with oneself can affect every other part of our lives, including our relationships, our mental/emotional/physical health. Low self-esteem should not be taken lightly.

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