

Self Esteem Self-Test

Is it possible that I have Self Esteem issues?

Evaluate your self-esteem by answering the following.

<u>Question</u>	<u>Never</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
1. Do you dislike yourself?	_____	_____	_____	_____
2. Do you think that you are inadequate compared to others?	_____	_____	_____	_____
3. Are you shy?	_____	_____	_____	_____
4. Are you lacking in confidence?	_____	_____	_____	_____
5. Do you find it difficult to express yourself in company?	_____	_____	_____	_____
6. Do you feel you don't deserve to be happy?	_____	_____	_____	_____
7. Do you feel that other people tend to dislike you?	_____	_____	_____	_____
8. Do you feel that your opinion doesn't matter to other people?	_____	_____	_____	_____
9. If you do well at something, do you tend to put it down to luck, rather than feel pleased with yourself?	_____	_____	_____	_____
10. If you do badly at something, do you believe it's all your fault?	_____	_____	_____	_____
11. Would your feelings about yourself stop you from seeking promotion?	_____	_____	_____	_____
12. Do you feel you must always be a follower, rather than a leader?	_____	_____	_____	_____
13. 'It's only human to make mistakes'. Would you generally disagree with his statement?	_____	_____	_____	_____
14. If you make a mistake, do you reject the idea that you're only human and unhappy with yourself?	_____	_____	_____	_____
15. Do you find it hard to say 'NO'?	_____	_____	_____	_____
16. Do you find it hard to take criticism from other people?	_____	_____	_____	_____
17. Do you find it hard to criticize someone to their face?	_____	_____	_____	_____
18. If you feel angry, do you tend to keep quiet about it initially, but later erupt and really lose your temper?	_____	_____	_____	_____
19. In bad relationships do you find it difficult to get the courage to leave?	_____	_____	_____	_____
20. Do you generally agree with the following statement: "It is impossible for me to be happy if I'm not in a relationship"?	_____	_____	_____	_____

Although this, or no self-test, is conclusive, if you answered OFTEN or ALWAYS to more than five of these questions, there is a possibility you may be suffering from self-esteem issues and you should contact an iTherapyRX counselor or another health care professional.