



WELLNESS WORKSHEET 24

Self-Esteem Inventory

Read each of the following statements; check the “like me” column if it describes how you usually feel and the “unlike me” column if it does not describe how you usually feel.

Like me **Unlike me**

- | | | |
|-------|-------|---|
| _____ | _____ | 1. I spend a lot of time daydreaming. |
| _____ | _____ | 2. I’m pretty sure of myself. |
| _____ | _____ | 3. I often wish I were someone else. |
| _____ | _____ | 4. I’m easy to like. |
| _____ | _____ | 5. My family and I have a lot of fun together. |
| _____ | _____ | 6. I never worry about anything. |
| _____ | _____ | 7. I find it very hard to talk in front of a group. |
| _____ | _____ | 8. I wish I were younger. |
| _____ | _____ | 9. There are lots of things about myself I’d change if I could. |
| _____ | _____ | 10. I can make up my mind without too much trouble. |
| _____ | _____ | 11. I’m a lot of fun to be with. |
| _____ | _____ | 12. I get upset easily at home. |
| _____ | _____ | 13. I always do the right thing. |
| _____ | _____ | 14. I’m proud of my work. |
| _____ | _____ | 15. Someone always has to tell me what to do. |
| _____ | _____ | 16. It takes me a long time to get used to anything new. |
| _____ | _____ | 17. I’m often sorry for the things I do. |
| _____ | _____ | 18. I’m popular with people my own age. |
| _____ | _____ | 19. My family usually considers my feelings. |
| _____ | _____ | 20. I’m never happy. |
| _____ | _____ | 21. I’m doing the best work that I can. |

(over)

WELLNESS WORKSHEET 24 — continued

Like me **Unlike me**

- | | | |
|-------|-------|---|
| _____ | _____ | 22. I give in very easily. |
| _____ | _____ | 23. I can usually take care of myself. |
| _____ | _____ | 24. I'm pretty happy. |
| _____ | _____ | 25. I would rather associate with people younger than me. |
| _____ | _____ | 26. My family expects too much of me. |
| _____ | _____ | 27. I like everyone I know. |
| _____ | _____ | 28. I like to be called on when I am in a group. |
| _____ | _____ | 29. I understand myself. |
| _____ | _____ | 30. It's pretty tough to be me. |
| _____ | _____ | 31. Things are all mixed up in my life. |
| _____ | _____ | 32. People usually follow my ideas. |
| _____ | _____ | 33. No one pays much attention to me at home. |
| _____ | _____ | 34. I never get scolded. |
| _____ | _____ | 35. I'm not doing as well at work as I'd like to. |
| _____ | _____ | 36. I can make up my mind and stick to it. |
| _____ | _____ | 37. I really don't like being a man/woman. |
| _____ | _____ | 38. I have a low opinion of myself. |
| _____ | _____ | 39. I don't like to be with other people. |
| _____ | _____ | 40. There are many times when I'd like to leave home. |
| _____ | _____ | 41. I'm never shy. |
| _____ | _____ | 42. I often feel upset. |
| _____ | _____ | 43. I often feel ashamed of myself. |
| _____ | _____ | 44. I'm not as nice-looking as most people. |
| _____ | _____ | 45. If I have something to say, I usually say it. |

(over)

WELLNESS WORKSHEET 24 — continued

Like me Unlike me

- | | | |
|-------|-------|--|
| _____ | _____ | 46. People pick on me very often. |
| _____ | _____ | 47. My family understands me. |
| _____ | _____ | 48. I always tell the truth. |
| _____ | _____ | 49. My employer or supervisor makes me feel I'm not good enough. |
| _____ | _____ | 50. I don't care what happens to me. |
| _____ | _____ | 51. I'm a failure. |
| _____ | _____ | 52. I get upset easily when I am scolded. |
| _____ | _____ | 53. Most people are better liked than I am. |
| _____ | _____ | 54. I usually feel as if my family is pushing me. |
| _____ | _____ | 55. I always know what to say to people. |
| _____ | _____ | 56. I often get discouraged. |
| _____ | _____ | 57. Things usually don't bother me. |
| _____ | _____ | 58. I can't be depended on. |

Scoring

The test has a built-in “lie scale” to help determine if you are trying too hard to appear to have high self-esteem. If you answered “like me” to three or more of the following items, retake the test with an eye toward being more realistic in your responses: 1, 6, 13, 20, 27, 34, 41, 48.

To calculate your score, add up the number of times your responses match those given below. To determine how your level of self-esteem compares to that of others, find the value closest to your score in the appropriate column of the table.

Like me: Items 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57

Unlike me: Items 3, 7, 8, 9, 12, 15, 16, 17, 22, 25, 26, 30, 31, 33, 35, 37, 38, 39, 40, 42, 43, 44, 46, 49, 50, 51, 52, 53, 54, 56, 58

| Men | Women | |
|------------|--------------|-----------------------------|
| 33 | 32 | Significantly below average |
| 36 | 35 | Somewhat below average |
| 40 | 39 | Average |
| 44 | 43 | Somewhat above average |
| 47 | 46 | Significantly above average |

(over)

INTERNET ACTIVITY

Use the Internet to find out more about how to cope with challenges to emotional and psychological wellness; examples include achieving healthy self-esteem, developing an adult identity, dealing with anger or loneliness, maintaining honest and assertive communication, and developing realistic self-talk. Choose one such challenge that is important in your life, and find strategies for successful coping or further development. Use one of the sites listed below or do a search.

American Psychological Association HelpCenter: <http://apahelpcenter.org>

Go Ask Alice: <http://www.goaskalice.columbia.edu>

Student Counseling Virtual Pamphlet Collection: <http://counseling.uchicago.edu/resources/virtualpamphlets>

Topic chosen: _____

Site(s) visited: _____

Coping strategies identified (list at least three):