

BRIEF SELF-ESTEEM INVENTORY

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This little instrument may help you get a better idea of how you see yourself. Answer each question as honestly as you can. Rate yourself on each question, using the numbering system below:

- 4 Definitely yes or almost always
- 3 Probably yes or often
- 2 Probably not or seldom
- 1 Definitely not or almost never

- _____ 1. I am truly content with the way I look.
- _____ 2. I can accomplish almost any task I attempt.
- _____ 3. I consider my ability to think and reason adequate.
- _____ 4. I think people enjoy being with me.
- _____ 5. I am satisfied with the degree of success I am experiencing so far in my life.
- _____ 6. I feel as worthwhile when I'm just having a good time as when I'm doing something constructive.
- _____ 7. I consistently forgive myself when I blow it.
- _____ 8. When I make a mistake I refrain from telling myself negative things, such as I'm dumb, clumsy, stupid, careless, can't do anything right, etc.
- _____ 9. I can honestly say that I love myself.
- _____ 10. Deep down I feel that God likes me just the way I am.
- _____ 11. When I look at myself in the mirror I am happy with what I see.
- _____ 12. I feel competent to take on most any job or challenge I face.
- _____ 13. I am genuinely happy with the level of my intelligence.
- _____ 14. I feel good about my personality.
- _____ 15. Overall I regard myself as successful in life.
- _____ 16. I feel of great value and worth to God, even when I fail.
- _____ 17. When I do something wrong or unwise I quickly get over being angry with myself.
- _____ 18. My thoughts toward myself are usually positive rather than negative or critical.
- _____ 19. Even though I am not perfect I appreciate and love myself.
- _____ 20. Though I realize I am a sinner, deep down I can truly feel that God sees me as holy and blameless as His child.

_____ Total Score

Explanation and Scoring of the Inventory

This inventory attempts to measure ten areas of self-esteem. To determine your score in each area, add your scores as shown below. For example, if your score was 2 for question #1 and 3 for question #11, then your total score for the area of Appearance would be 5.

Area	Questions for Each Area	Total Score for Each Area
1. Appearance	1, 11	_____
2. Competence	2, 12	_____
3. Intelligence	3, 13	_____
4. Personality	4, 14	_____
5. Success	5, 15	_____
6. Unconditional Worth	6, 16	_____
7. Self-Forgiveness	7, 17	_____
8. Acceptance of Weakness	8, 18	_____
9. Self-Love	9, 19	_____
10. Freedom from Guilt	10, 20	_____

If your total score was 2 or below for any areas, you may want to concentrate on improving your self-esteem in those areas. Now look at your overall score. Write your total score here: Compare your score with the comments below.

Total Score	Comment
76-80	If you scored in this range, you may have excellent self-esteem. It is also possible that you see yourself more highly than you ought.
66-75	You seem to have a very healthy view of yourself and should have few problems with self-esteem, unless you scored very low in one or more specific areas.
56-65	Overall you appear to be neither high nor low in self-esteem, but there may be specific areas which need attention.
46-55	There is considerable room for growth in your self-esteem, or you might be somewhat depressed.
0-45	If you were honest in the test you have urgent need for improvement. A score below 35 may indicate severe depression.

Note: If you scored low, don't judge yourself a failure. No test of this nature can adequately describe the self-esteem of every person who takes it. If you scored below 50 you may want to talk it over with a trusted friend or Christian counselor, or consider taking it again later.