

# BRIEF SELF-ESTEEM INVENTORY

*by Kenneth Williams, Ph.D.*

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.

## 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.