

Self-Esteem Assessment – Part 1

Strongly agree	Agree	Somewhat agree/disagree	Disagree	Strongly disagree		
		1	2	3	4 5	
1.	I think that overall, people find me boring to talk to.	☐	☐	☐	☐	☐
2.	I mess up everything I touch.	☐	☐	☐	☐	☐
3.	I feel devastated when someone criticizes me.	☐	☐	☐	☐	☐
4.	If someone ever falls in love with me, I better do my best to prove myself worthy, because it may never happen again.	☐	☐	☐	☐	☐
5.	I could disappear from the surface of the earth and nobody would notice or care.	☐	☐	☐	☐	☐

	Strongly Agree	Agree	Somewhat agree/disagree	Disagree	Strongly disagree
	1	2	3	4	5
6. I feel as though I let those I care about down.	☐	☐	☐	☐	☒
7. I will never amount to anything or anyone significant.	☐	☐	☐	☐	☒
8. When someone criticizes me, I can't help but feel that I really am incompetent.	☐	☐	☐	☐	☒
9. I have what it takes to socialize with other people.	☐	☐	☐	☐	☒
10. I think I am a failure.	☐	☐	☐	☐	☐

	Strongly agree	Agree	Somewhat agree/disagree	Disagree	Strongly disagree
	1	2	3	4	5
11. I feel as though I am not good enough for those who care about me.	☐	☐	☐	☐	☒
12. People will only respect me if I'm good-looking and/or successful.	☐	☐	☐	☐	☒
13. If I don't do as well as others, it means that I am an inferior person.	☐	☐	☐	☐	☒
14. Realizing that criticism towards me is justified makes me feel like a failure.	☐	☐	☐	☐	☒
15. How I feel about myself is more important than others' opinions of me.	☐	☐	☐	☐	☐