

Self-Esteem Assessment – Part 2

Strongly
agree

Agree

Somewhat
agree/disagree

Disagree

Strongly
disagree

1

2

3

4

5

Being myself guarantees that people will dislike me.

☐☐☐☐☐

I will never be as skilled or as smart as I should be.

☐☐☐☐☐

I deserve to be loved and respected.

☐☐☐☐☐

It's important to me to be liked by everyone I meet.

☐☐☐☐☐

Someone who stands up to me or disagrees with me may still very well like and respect me.

☐☐☐☐☐

When people point out my mistakes, I feel like they are degrading me.

☐☐☐☐☐

	Completely true	Mostly true	Somewhat true/false	Mostly false	Completely false
	1	2	3	4	5
I am not confident I've done a good job unless someone else points it out.	☐	☐	☐	☐	☒
I am afraid of being rejected by my friends.	☐	☐	☐	☐	☒
I like myself.	☐	☐	☐	☐	☒
I constantly ask those I care about whether they love me.	☐	☐	☐	☐	☐

I avoid having arguments with others because I don't want them to get angry or dislike me. ☐ ☐ ☐ ☐ ☒

I modify my personality, opinions, or appearance in order to be accepted by others. ☐ ☐ ☐ ☐ ☒

Unlike others, I really have to go out of my way to make and keep a friend.



In case of need, I know people who care enough about me to offer their help.



I get discouraged when someone tells me I haven't done my best.

