



## Self Esteem Quiz

When you have healthy self esteem you have a balanced, accurate view of yourself. You have a good idea of your abilities and also recognize where you can improve. Let's see where you fall on the self esteem meter. For each statement, circle the choice that most describes you.



1) I believe my life would be better if I were more attractive.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



2) I easily ask for and accept help from others.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



3) I see flaws in my appearance when I look in the mirror.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



4) I believe I will never really be happy.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



5) How I feel about myself depends on what others think of me.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



6) I believe that I value myself and feel confident.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



7) I make time for activities that support my health and well-being.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



8) I openly express my opinions when working in a group.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



9) No matter what I do, I find something wrong with the result.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



10) I easily accept compliments.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



11) I am anxious to admit that I don't know or understand something.

ALWAYS USUALLY SOMETIMES SELDOM NEVER

For Questions  
1, 3, 4, 5, 9 & 11  
score like this:

Always..... 0 Points  
Usually..... 1 Point  
Sometimes... 2 Points  
Seldom ..... 3 Points  
Never ..... 4 Points

Question 1 ☐

Question 3 ☐

Question 4 ☐

Question 5 ☐

Question 9 ☐

Question 11 ☐

SubTotal

For Questions  
2, 6, 7, 8, & 10  
score like this:

Always..... 4 Points  
Usually..... 3 Points  
Sometimes... 2 Points  
Seldom ..... 1 Point  
Never ..... 0 Points

Question 2 ☐

Question 6 ☐

Question 7 ☐

Question 8 ☐

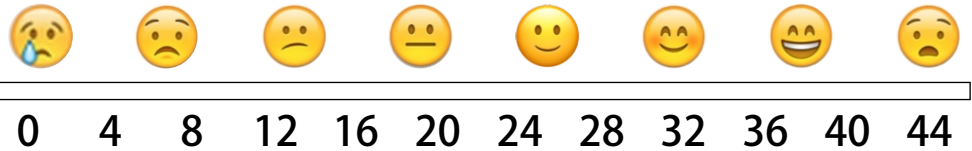
Question 10 ☐

SubTotal

Grand Total

# How do you score?

Complete the box on the left. Mark your total score on the self-esteem meter below.



Self-esteem can fluctuate depending on your circumstances. It's normal to go through times when you feel down about yourself and times when you feel good about yourself. Generally, however, self-esteem stays in a range that reflects how you feel about yourself overall. Maintaining a healthy, realistic view of yourself isn't about scoring a 44 on the meter. It's about learning to like and respect yourself — faults and all.

## Low Self-Esteem

Teens with low self-esteem have a harder time with relationships and find it difficult to deal with disappointments. They are also less likely to do well in school. Setting reasonable goals and accomplishing them can be harder. If your self-esteem is very low, you should reach out to a trusted adult who can assist you in getting the help you need.

## Improving Your Self-Esteem

It's important to have a positive internal dialogue with yourself. Let go of negative thoughts by replacing them with new thoughts. You can put post-it notes on your mirror and read them each morning before you start your day. Start with a few. "I am creative." "I have great hair." "I am kind." Try to add a new post-it everyday for a month. Start over each month. If you're having trouble letting go of the negative thoughts, try writing them down and tearing them up.

Evaluate your friendships. Make sure to hang out with people who lift you up – not put you down. Sometimes people who have low self-esteem will try to make others feel the same way. Bullies are especially good at that. If someone in your family says or does things that make you feel bad, speak up! Ask a trusted friend to role-play so you can practice talking to family members.

## When is Your Self-Esteem is "Too High"

There is really no such thing as self-esteem that is "too high". More likely, it's low self-esteem masquerading as high self-esteem. You might know someone like this. They brag a lot or show off. They may do risky things for attention. People who are like this will have a hard time finding their place in life. They will be disappointed in many situations and have unrealistic goals.

Go back and look at the quiz you took. Did you answer each question truthfully? If you really scored a 44 there is a good chance that you don't have an accurate opinion of who you really are. We all have areas we can improve. Knowing what those areas are is the first step to a happier life.