

A Self-Esteem Quiz

Here is a quick way to understand your own level of self-esteem:

Circle your answer for each question below.

1. When you look in the mirror, what do you see?

- a) You always see all your faults and flaws.
- b) Someone who is fairly good looking.
- c) One of the most beautiful people around.

2. Finish this sentence. I trust my ability to make decisions

- a) Never
- b) Sometimes
- c) Always

3. How do you react when you make mistakes?

- a) You feel as if you are stupid/ should have known better.
- b) A little embarrassed or upset, but you get over it after a while.
- c) You learn from the situation and move on.

4. How often do you beat up on yourself and berate yourself for acting a certain way?

- a) Always
- b) Sometimes
- c) Never

5. When it comes to relationships, do you feel as if you can add something positive?

How often do you feel as if you could do some good with your friendships and romantic relationships?

- a) Never
- b) Sometimes
- c) Always

6. I care what other people think...

- a) Always
- b) Sometimes
- c) Never

Scoring: If you circled more (a) answers, your self-esteem is low.
If you circled more (b) answers, your self-esteem falls between low and high.
If you circled more (c) answers, your self-esteem is high.