

## SELF-ESTEEM EVALUATION

Do not be concerned about your Self-Esteem score, no matter how low it may be. For your Self-Esteem simply is what it is, the automatic product of your heritage and total life experience and thus nothing to be ashamed or embarrassed about. It is important however that you understand each statement and be completely honest with yourself in order to obtain as valid a score as possible. Furthermore, do not confuse any concepts or ideals you may hold with how you actually function. For your beginning Self-Esteem Index (SEI) is an important reference point for gauging your progress in building Self Esteem. Remember that no matter how low your SEI may be, you can bring it up to any desired value by conscientious effort. You may also find comfort in the fact that lack of sound Self-Esteem is a universal problem that varies only in degree. It is, however, often so well camouflaged by false fronts that only a trained observer can detect it.

Score as follows:      “0” If not true              “1” If somewhat true  
                                 “2” If largely true              “3” If true

1. I usually feel inferior to others.
2. I normally feel warm and happy toward myself.
3. I often feel inadequate to handle new situations.
4. I usually feel warm and friendly toward all I contact.
5. I habitually condemn myself for my mistakes and shortcomings.
6. I am free of shame, blame, guilt and remorse.
7. I have a driving need to prove my worth and excellence.
8. I have great enjoyment and zest for living.
9. I am much concerned about what others think and say of me.
10. I can let others be “wrong” without attempting to correct them.
11. I have an intense need for recognition and approval.
12. I am usually free of emotional turmoil, conflict and frustration.
13. Losing normally causes me to feel resentful and “less than”.
14. I usually anticipate new endeavors with quiet confidence.
15. I am prone to condemn others and often wish them punished.
16. I normally do my own thinking and make my own decisions.
17. I often defer to others on account of their ability, wealth or prestige.
18. I willingly take responsibility for the consequences of my actions.
19. I am inclined to exaggerate and lie to maintain a desired image.
20. I am free to give precedence to my own needs and desires.
21. I tend to belittle my own talents, possessions and achievements.
22. I normally speak up for my own opinions and convictions.
23. I habitually deny, alibi, justify or rationalize my mistakes and defeats.
24. I am usually poised and comfortable among strangers.
25. I am very often critical and belittling of others.

26. I am free to express love, anger, hostility, resentment, joy, etc.
27. I feel very vulnerable to others opinions, comments and attitudes.
28. I rarely experience jealousy, envy or suspicion.
29. I am a “professional people pleaser”.
30. I am not prejudiced toward racial, ethnic or religious groups.
31. I am fearful of exposing my “real self.”
32. I am normally friendly, considerate and generous with others.
33. I often blame others for my handicaps, problems and mistakes.
34. I rarely feel uncomfortable, lonely and isolated when alone.
35. I am a compulsive perfectionist.”
36. I accept compliments and gifts without embarrassment or obligation.
37. I am often compulsive about eating, smoking, talking or drinking.
38. I am appreciative of others’ achievements and ideas.
39. I often shun new endeavors because of fear of mistakes or failure.
40. I make and keep friends without exerting myself.
41. I am often embarrassed by the actions of my family or friends.
42. I readily admit my mistakes, shortcomings and defeats.
43. I experience a strong need to defend my acts, opinions and beliefs.
44. I take disagreement and refusal without feeling “put down,” or rejected.
45. I have an intense need for confirmations and agreement.
46. I am eagerly open to new ideas and proposals.
47. I customarily judge my self-worth by personal comparison with others.
48. I am free to think any thoughts that come into my mind.
49. I frequently boast about possessions, my achievements and myself.
50. I accept my own authority and do as I, myself, see fit.

\_\_\_\_\_ Self Esteem Index (SEI)      \_\_\_\_\_ Date

To review your results, please contact:

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