

Self Esteem Survey

Name _____

Date _____

Directions: Please circle the number for each question that best describes your agreement with each statement.

	Strongly Agree	Agree Somewhat	Disagree Somewhat	Strongly Disagree
1. I feel that I'm a person of worth, at least on an equal par with others.	3	2	1	0
2. I feel that I have a number of good qualities.	3	2	1	0
3. All in all, I am inclined to feel that I'm a failure.	3	2	1	0
4. I am able to do things as well as most other people.	3	2	1	0
5. I feel I do not have much to be proud of.	3	2	1	0
6. I take a positive attitude toward myself.	3	2	1	0
7. On the whole, I am satisfied with myself.	3	2	1	0
8. I wish I could have more respect for myself.	3	2	1	0
9. I certainly feel useless at times.	3	2	1	0
10. At times I think that I am no good at all.	3	2	1	0

Administrative use only:

Score _____

Scorer Name _____

Program Name _____

Youth entrance into program date _____

Self Esteem Inventory Scoring Instrument

Name _____

Date _____

Directions: Please circle the number for each question that best describes your agreement with each statement.

	Strongly Agree	Agree Somewhat	Disagree Somewhat	Strongly Disagree
1. I feel that I'm a person of worth, at least on an equal par with others.	3	2	1	0
Score	3	2	1	0
2. I feel that I have a number of good qualities.	3	2	1	0
Score	3	2	1	0
3. All in all, I am inclined to feel that I'm a failure.	3	2	1	0
Reverse Coded Score	0	1	2	3
4. I am able to do things as well as most other people.	3	2	1	0
Score	3	2	1	0
5. I feel I do not have much to be proud of.	3	2	1	0
Reverse Coded Score	0	1	2	3
6. I take a positive attitude toward myself.	3	2	1	0
Score	3	2	1	0
7. On the whole, I am satisfied with myself.	3	2	1	0
Score	3	2	1	0
8. I wish I could have more respect for myself.	3	2	1	0
Reverse Coded Score	0	1	2	3
9. I certainly feel useless at times.	3	2	1	0
Reverse Coded Score	0	1	2	3
10. At times I think that I am no good at all.	3	2	1	0
Reverse Coded Score	0	1	2	3

Scoring:

Points values are as indicated above, with the exception of items 3,5,8,9, and 10 which are reverse coded (score indicated in gray). To score the test, the points values of each response should be summed. A higher score indicates greater self-esteem.