

SELF ESTEEM SELF TEST

IMPORTANT: Please note that all the self tests on this website are only informational gathering purposes - in all cases. Their only aim and value is to allow you to take your answers to your health care provider for discussion and advice.

- I wish I had more confidence.
- I usually try to please others first, instead of myself.
- I often dislike myself, or what I've just done.
- I don't often ask myself what I really need.
- I feel I'm inadequate compared to others.
- I get angry when others are treated unfairly or hurt, much more than when I experience it myself.
- I am shy and introverted; though I often feel I have to hide it.
- I feel best and safest when I am alone.
- I feel I should be aware of, anticipate and meet other people's needs.
- I find it difficult to express myself around others and can't get my full point across b/c I'm tense about it.
- I feel I should be giving to others and am uncomfortable when others compliment me or give to me.
- I can't just say Thank You and let it go.
- I don't feel I've earned the right to be happy; deep down this is what I really feel.
- I find myself attracted to needy people or they are overly attracted to me.
- I don't feel people really like me, especially at first.
- I over commit myself.
- I blame myself for pretty much everything.
- I feel others blame me for pretty much everything.
- I feel my opinion is not valued or valuable.
- I criticize myself for the way I think, feel, look, and act.
- I feel it's just lucky if I do something well.
- I feel different from most folks.
- I remember my parents as very critical.
- I recall my teachers as critical and stand offish towards me.
- I think I'm not good enough.
- I fear rejection.
- I take things personally.
- I am a follower, not a leader.
- I feel like a victim.
- I take it too hard when I am criticized; if it's someone close, I may deny it.
- I tell myself I can't do anything right.
- I am reluctant to try new things.
- I am afraid of making mistakes.
- I feel a lot of guilt and revisit my past mistakes often.
- I have a lot of "shoulds" in my life.
- I am not very spontaneous.
- I believe other people can't possibly like or love me for the real me.

- I may not even know the real me, myself.
- I lose sleep over petty problems or other people's behavior; I obsess.
- I find it almost impossible to criticize someone to his or her face.
- I feel controlled by people or events.
- I try to say what I think will please other people.
- I think it's impossible to be happy if I'm not in a relationship.
- I rarely have the word "no" in my vocabulary.
- I avoid talking about myself.
- I think that most of what I say is unimportant or uninteresting.
- I make a lot of apologies.
- I let other people hurt me.
- I don't trust myself, my feelings, my decisions, or other people.
- I overly trust (and sometimes confide in) others before I actually get to know them.
- I am afraid of my own anger and I'm terrified of others' anger; it makes me nauseous.
- I am afraid to make others angry.
- I rarely feel content and calm – at peace.
- I don't remember the last time I felt happy.
- I look for happiness outside myself.
- I desperately seek love and approval.
- I am afraid or uncomfortable being alone.
- I find myself seeking love from people who are incapable of loving.
- I try to prove that I'm good enough to be loved.
- I fall into serious relationships quickly.
- I stay in relationships that don't work way too long.
- I find it very difficult to say exactly what I mean in direct, plain language.
- I have been pressured into sexual practices I don't want.
- I have sex when I don't want to.
- I find it difficult to have just have fun.
- I am loyal to people who have betrayed or hurt me.
- I make lots of excuses for other people's behavior.
- I often feel hopeless about the future.

In my own Clinical Practice, I find that if people have more than 10 checks, we should talk about ways to improve your self-esteem so you can have a much happier, fulfilled life.