



Self-Esteem Survey

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

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.

Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. (2005).