

Quiz for Self Esteem

Here is a simple quiz for self esteem you can use to assess your self esteem. Self esteem tests are not designed to diagnose any kind of psychological disorder. They are just a quick and easy way to measure how you feel about yourself. The results can alert you to problems with your self esteem that might benefit from being addressed. If you do identify any self esteem problems, you can address them with self-help measures or you can see a counselor to help you deal with them.

Quiz for Self Esteem

There are other self esteem tests you can take, but we like this one because it only takes a few minutes and the results are easy to understand. Answer the questions in this quiz "most of the time," "some of the time," or "almost never."

1. My feelings are easily hurt.
2. I get very upset if someone criticizes me, even if it is "constructive criticism."
3. I feel angry at myself if I make a mistake, even if it is an "honest mistake."
4. Instead of making decisions by myself, I usually ask other people what they think I should do.
5. I usually go along with the group, even if I don't really agree.
6. I feel uncomfortable when someone gives me a compliment.
7. I feel as if I don't "measure up." I never feel good enough.
8. I frequently say negative things to myself, like telling myself I am stupid or fat or just no good.
9. I don't like what I see when I look in the mirror. I feel I am very unattractive.
10. I find myself apologizing for things I didn't do.