

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

## Evaluate Your Self-Esteem

### Unit 2 Self-Awareness

**Find your self-image quotient by answering the following questions.  
Put the number relative to the way you feel when ranking each statement**

**Never = 0, Sometimes = 1, Usually = 2, Always = 3**

- \_\_\_\_\_ 1. I can manage a crisis situation with ease without panicking.
- \_\_\_\_\_ 2. I rely on myself more than on other people.
- \_\_\_\_\_ 3. I am self-sufficient and can do anything I set my mind to do.
- \_\_\_\_\_ 4. I am secure and I don't worry about the past or the future.
- \_\_\_\_\_ 5. I am affectionate and I am not afraid to show my feelings.
- \_\_\_\_\_ 6. I can graciously accept a compliment or a gift.
- \_\_\_\_\_ 7. I refuse to feel sorry for myself.
- \_\_\_\_\_ 8. I can and will defend what I believe even if I am in the minority.
- \_\_\_\_\_ 9. I do what my conscience tells me rather than what people expect of me.
- \_\_\_\_\_ 10. I will volunteer to help other people that seem to be in need.
- \_\_\_\_\_ 11. I am sensitive to the unspoken needs of others.
- \_\_\_\_\_ 12. I stay busy with worthwhile activities.
- \_\_\_\_\_ 13. I like to learn something new every day.
- \_\_\_\_\_ 14. I can learn from all of my teachers and generally do well in school.
- \_\_\_\_\_ 15. I don't worry about what other people think of my clothes.
- \_\_\_\_\_ 16. I have peace of mind without trying to prove who I am.
- \_\_\_\_\_ 17. I am proud of who I am and I don't care what others say about me.
- \_\_\_\_\_ 18. I know where I am strong and where I am weak and I will ask for help.
- \_\_\_\_\_ 19. I can cope with frustrations positively without getting mad.
- \_\_\_\_\_ 20. I can find positives in negative situations like when disaster strikes.

\_\_\_\_\_ Total all of your points.

If you scored less than 15 you should seek advice from a trusted friend or a counselor.

16-25 Your self-image definitely needs a boost. You need to quickly isolate and reverse the negative patterns that lower your self-esteem.

26-35 You have about an equal amount of self-worth and insecurity. Immaturity and insecurity are relative, so focus on the areas that need maturing.

36-50 You have a well-balanced realistic sense of self-esteem.

51-60 You have a giant unrealistic sense of self-esteem. You may be fooling yourself, but you can't fool everyone else. You might get a second opinion.