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SELF ESTEEM QUIZ

Instructions:

1. Read and Answer Each Question
2. Review the answers on located on this page <http://www.self-esteem-experts.com/quiz-for-self-esteem.html>

1. How I feel about myself depends on what others think of me:

Always Sometimes Never

2. When I am criticized I berate myself for being stupid:

Always Sometimes Never

3. I easily ask for and accept help from others:

Always Sometimes Never

4. I easily accept compliments:

Always Sometimes Never

5. When I look in the mirror, I see flaws in my appearance:

Always Sometimes Never

6. I make time in my schedule for activities that support my health and well-being:

Always Sometimes Never

7. I am uncomfortable expressing my opinion and feelings in my personal relationships:

Always Sometimes Never

8. I am anxious to admit that I don't know or understand something:

Always Sometimes Never



9. **In a restaurant, when I receive food that doesn't match my order, I say nothing and eat it anyway:**

___Always ___Sometimes ___Never

10. **I believe that I am confident and value myself:**

___Always ___Sometimes ___Never

11. **I openly express my opinions at work:**

___Always ___Sometimes ___Never

12. **I envy others:**

___Always ___Sometimes ___Never

13. **I believe my life would be better if I were more attractive:**

___Always ___Sometimes ___Never

14. **No matter what I do, I always find something wrong with the result:**

___Always ___Sometimes ___Never

15. **I believe I will never really be happy:**

___Always ___Sometimes ___Never