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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

Have Questions? Contact Us at [support@SelfEsteemExperts.com](mailto:support@SelfEsteemExperts.com)

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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