

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 24

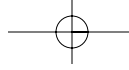
Self-Esteem Inventory

Read each of the following statements; check the "like me" column if it describes how you usually feel and the "unlike me" column if it does not describe how you usually feel.

Like me **Unlike me**

- | | | |
|-------|-------|---|
| _____ | _____ | 1. I spend a lot of time daydreaming. |
| _____ | _____ | 2. I'm pretty sure of myself. |
| _____ | _____ | 3. I often wish I were someone else. |
| _____ | _____ | 4. I'm easy to like. |
| _____ | _____ | 5. My family and I have a lot of fun together. |
| _____ | _____ | 6. I never worry about anything. |
| _____ | _____ | 7. I find it very hard to talk in front of a group. |
| _____ | _____ | 8. I wish I were younger. |
| _____ | _____ | 9. There are lots of things about myself I'd change if I could. |
| _____ | _____ | 10. I can make up my mind without too much trouble. |
| _____ | _____ | 11. I'm a lot of fun to be with. |
| _____ | _____ | 12. I get upset easily at home. |
| _____ | _____ | 13. I always do the right thing. |
| _____ | _____ | 14. I'm proud of my work. |
| _____ | _____ | 15. Someone always has to tell me what to do. |
| _____ | _____ | 16. It takes me a long time to get used to anything new. |
| _____ | _____ | 17. I'm often sorry for the things I do. |
| _____ | _____ | 18. I'm popular with people my own age. |
| _____ | _____ | 19. My family usually considers my feelings. |
| _____ | _____ | 20. I'm never happy. |
| _____ | _____ | 21. I'm doing the best work that I can. |

(over)

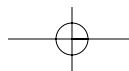
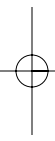


WELLNESS WORKSHEET 24 — continued

Like me **Unlike me**

- _____ _____ 22. I give in very easily.
- _____ _____ 23. I can usually take care of myself.
- _____ _____ 24. I'm pretty happy.
- _____ _____ 25. I would rather associate with people younger than me.
- _____ _____ 26. My family expects too much of me.
- _____ _____ 27. I like everyone I know.
- _____ _____ 28. I like to be called on when I am in a group.
- _____ _____ 29. I understand myself.
- _____ _____ 30. It's pretty tough to be me.
- _____ _____ 31. Things are all mixed up in my life.
- _____ _____ 32. People usually follow my ideas.
- _____ _____ 33. No one pays much attention to me at home.
- _____ _____ 34. I never get scolded.
- _____ _____ 35. I'm not doing as well at work as I'd like to.
- _____ _____ 36. I can make up my mind and stick to it.
- _____ _____ 37. I really don't like being a man/woman.
- _____ _____ 38. I have a low opinion of myself.
- _____ _____ 39. I don't like to be with other people.
- _____ _____ 40. There are many times when I'd like to leave home.
- _____ _____ 41. I'm never shy.
- _____ _____ 42. I often feel upset.
- _____ _____ 43. I often feel ashamed of myself.
- _____ _____ 44. I'm not as nice-looking as most people.
- _____ _____ 45. If I have something to say, I usually say it.

(over)



WELLNESS WORKSHEET 24 — continued

Like me Unlike me

- _____ _____ 46. People pick on me very often.
- _____ _____ 47. My family understands me.
- _____ _____ 48. I always tell the truth.
- _____ _____ 49. My employer or supervisor makes me feel I'm not good enough.
- _____ _____ 50. I don't care what happens to me.
- _____ _____ 51. I'm a failure.
- _____ _____ 52. I get upset easily when I am scolded.
- _____ _____ 53. Most people are better liked than I am.
- _____ _____ 54. I usually feel as if my family is pushing me.
- _____ _____ 55. I always know what to say to people.
- _____ _____ 56. I often get discouraged.
- _____ _____ 57. Things usually don't bother me.
- _____ _____ 58. I can't be depended on.

Scoring

The test has a built-in "lie scale" to help determine if you are trying too hard to appear to have high self-esteem. If you answered "like me" to three or more of the following items, retake the test with an eye toward being more realistic in your responses: 1, 6, 13, 20, 27, 34, 41, 48.

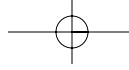
To calculate your score, add up the number of times your responses match those given below. To determine how your level of self-esteem compares to that of others, find the value closest to your score in the appropriate column of the table.

Like me: Items 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57

Unlike me: Items 3, 7, 8, 9, 12, 15, 16, 17, 22, 25, 26, 30, 31, 33, 35, 37, 38, 39, 40, 42, 43, 44, 46, 49, 50, 51, 52, 53, 54, 56, 58

Men	Women	
33	32	Significantly below average
36	35	Somewhat below average
40	39	Average
44	43	Somewhat above average
47	46	Significantly above average

(over)



WELLNESS WORKSHEET 24 — continued

INTERNET ACTIVITY

Use the Internet to find out more about how to cope with challenges to emotional and psychological wellness; examples include achieving healthy self-esteem, developing an adult identity, dealing with anger or loneliness, maintaining honest and assertive communication, and developing realistic self-talk. Choose one such challenge that is important in your life, and find strategies for successful coping or further development. Use one of the sites listed below or do a search.

American Psychological Association HelpCenter: <http://helping.apa.org>

Go Ask Alice: <http://www.goaskalice.columbia.edu>

Student Counseling Virtual Pamphlet Collection: <http://counseling.uchicago.edu/vpc/>

Topic chosen: _____

Site(s) visited: _____

Coping strategies identified (list at least three):

