

Rosenberg – Self Esteem

BELOW IS A LIST OF STATEMENTS DEALING WITH YOUR GENERAL FEELINGS ABOUT YOURSELF.
 IF YOU **STRONGLY AGREE**, CIRCLE **SA**. IF YOU **AGREE** WITH THE STATEMENT, CIRCLE **A**.
 IF YOU **DISAGREE**, CIRCLE **D**. IF YOU **STRONGLY DISAGREE**, CIRCLE **SD**.

		1 Strongly Agree	2 Agree	3 Disagree	4 Strongly Disagree
1 .	I feel that I'm a person of worth, at least on an equal plane with others.	SA	A	D	SD
2 .	I feel that I have a number of good qualities.	SA	A	D	SD
3 .	All in all, I am inclined to feel that I am a failure.**	SA	A	D	SD
4 .	I am able to do things as well as most other people.	SA	A	D	SD
5 .	I feel I do not have much to be proud of.	SA	A	D	SD
6 .	I take a positive attitude toward myself.	SA	A	D	SD
7 .	On the whole, I am satisfied with myself.	SA	A	D	SD
8 .	I wish I could have more respect for myself.	SA	A	D	SD
9 .	I certainly feel useless at times.	SA	A	D	SD
10.	At times I think I am no good at all.	SA	A	D	SD