

## SELF-IMAGE TEST

This is the **Rosenburg Self-Esteem Scale**. I believe that it is highly useful in understanding your self-image. Do take this short test to find out your self-image and the self-worth that you attribute to yourself. The method of scoring is mentioned down below. Good luck!

### **Instructions:**

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.

Strongly Agree

Agree

Disagree

Strongly Disagree

2. At times I think I am no good at all.

Strongly Agree

Agree

Disagree

Strongly Disagree

3. I feel that I have a number of good qualities.

Strongly Agree

Agree

Disagree

Strongly Disagree

4. I am able to do things as well as most other people.

Strongly Agree

Agree

Disagree

Strongly Disagree

5. I feel I do not have much to be proud of.

Strongly Agree

Agree

Disagree

Strongly Disagree

6. I certainly feel useless at times.

Strongly Agree

Agree

Disagree

Strongly Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree

Agree

Disagree

Strongly Disagree

8. I wish I could have more respect for myself.

Strongly Agree

Agree

Disagree

Strongly Disagree

9. All in all, I am inclined to feel that I am a failure.

Strongly Agree

Agree

Disagree

Strongly Disagree

10. I take a positive attitude toward myself.

Strongly Agree

Agree

Disagree

Strongly Disagree

### **Scoring:**

Items 2, 5, 6, 8, 9 are reverse scored. Give "Strongly Disagree" 1 point, "Disagree" 2 points, "Agree" 3 points, and "Strongly Agree" 4 points. Sum scores for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

THAT PINK JOURNAL