



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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SELF-ESTEEM TEST

Each of the following statements can be rated with the words NEVER, SELDOM, SOMETIMES, USUALLY or ALWAYS. Make your choice, write in the number that corresponds with the word you have chosen and total your score.

ALWAYS 5	USUALLY 4	SOMETIMES 3	SELDOM 2	NEVER 1	
_____					I like myself
_____					If someone hurts my feelings, I tell them.
_____					People value my opinion.
_____					I am intelligent.
_____					With few exceptions, I am satisfied with myself.
_____					I think comparing myself with others is a waste of time.
_____					I enjoy meeting and talking with new people.
_____					I feel at ease at parties.
_____					I like being me and wouldn't want to be anybody else.
_____					I am content with the way I live my life.
_____					I like the place where I live.
_____					I enjoy my job.
_____					Most people like me.
_____					I am a kind person.
_____					I can take care of myself.
_____					Other people need me.
_____					I usually don't mind being alone.
_____					I value myself.
_____					I see myself as a confident person.
_____					I see myself as a loving person.
_____					I see myself as a sharing person.
_____					I feel I am respected by my family and friends.
_____					I enjoy doing things by myself.
_____					I respect myself.
_____					I feel my family loves me.
_____					I feel I am treated fairly at work.

The highest possible score is 135, the lowest is 27. If your score is between 60 and 27 you might want to consider working to increase your self-esteem and you may need a counselor to help you.