

Rosenberg Self-Esteem Scale

Read the statements and rate them on a scale of 0 to 3 according to your agreement to them. If the total is below 15, you need to work on improving and increasing your self-esteem.

- Strongly agree ----- 3
- Agree ----- 2
- Disagree ----- 1
- Strongly disagree ----- 0

Statements	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel I am no good.				
I am satisfied in life.				
I have good qualities.				
I am a worthy person.				
I feel useless at times.				
I feel like a failure sometimes.				
I am not very proud of myself.				
I wish I had more self-respect.				
I do things as well as most can.				
I have a very positive attitude.				