

Self-Esteem Inventory

The first thing you will probably want to determine is your current degree of self-esteem so that you can better tell how much time and effort is justified in improving it. You will find as you continue that a sound self-esteem is indeed of crucial importance to one's well-being and happiness. Thus, in order to obtain an indication of your prevailing self-esteem, score the following statements as follows:

0 (*If NOT true*) 1 (*If somewhat true*) 2 (*If largely true*) 3 (*If true*)

Score

- _____ 1. I normally feel warm and happy toward myself.
- _____ 2. I usually feel warm and friendly toward everyone I encounter.
- _____ 3. I am free of shame, blame, guilt and remorse.
- _____ 4. I have great enjoyment and zest for living.
- _____ 5. I can let others be "wrong" without attempting to correct them.
- _____ 6. I am usually free of emotional turmoil, conflict and frustration.
- _____ 7. I usually anticipate new endeavors with quiet confidence.
- _____ 8. I normally do my own thinking and make my own decisions.
- _____ 9. I willingly take responsibility for the consequences of my actions.
- _____ 10. I am free to give precedence to my own needs and desires.
- _____ 11. I am free to speak up for my own opinions and convictions.
- _____ 12. I am usually poised and comfortable among strangers.
- _____ 13. I am free to express love, anger, hostility, resentment, joy, etc.
- _____ 14. I rarely experience jealousy, envy or suspicion.
- _____ 15. I am not prejudiced toward racial, ethnic or religious groups.
- _____ 16. I am normally friendly, considerate and generous with others.
- _____ 17. I rarely feel uncomfortable, lonely and isolated when alone.
- _____ 18. I accept compliments and gifts without embarrassment or obligation.
- _____ 19. I am appreciative of others' achievements and ideas.

Handout 9 continued

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0 (*If NOT true*) 1 (*If somewhat true*) 2 (*If largely true*) 3 (*If true*)

- _____20. I make and keep friends without trying.
- _____21. I readily admit my mistakes, shortcomings and defeats.
- _____22. I take disagreement and refusal without feeling “put down” or rejected.
- _____23. I am eagerly open to new ideas and proposals.
- _____24. I am free to think any thoughts that come into my mind.
- _____25. I accept my own authority and do as I myself see fit.
- _____26. I usually feel inferior to others.
- _____27. I often feel inadequate to handle new situations.
- _____28. I habitually condemn myself for my mistakes and shortcomings.
- _____29. I have a driving need to prove my worth and excellence.
- _____30. I am much concerned about what others think and say of me.
- _____31. I have a strong need for recognition and approval.
- _____32. Losing normally causes me to feel resentful and “less than.”
- _____33. I am prone to condemn others and often wish them punished.
- _____34. I often defer to others on account of their wealth or prestige.
- _____35. I am inclined to exaggerate and lie to maintain a self-image.
- _____36. I tend to belittle my own talents, possessions and achievements.
- _____37. I habitually deny, alibi, justify or rationalize my mistakes and defeats.
- _____38. I am very often critical and belittling of others.
- _____39. I feel very vulnerable to others’ opinions, comments and attitudes.
- _____40. I am a “professional people pleaser.”
- _____41. I am fearful of exposing my “real self.”
- _____42. I often blame others for my handicaps, problems and mistakes.
- _____43. I am a compulsive “perfectionist.”

Handout 9 continued

0 (*If NOT true*) 1 (*If somewhat true*) 2 (*If largely true*) 3 (*If true*)

- _____ 44. I am often compulsive about eating, smoking, talking or drinking.
- _____ 45. I often shun new endeavors because of fear of mistakes or failure.
- _____ 46. I am often embarrassed by the actions of my family or friends.
- _____ 47. I experience a strong need to defend my acts, opinions and beliefs.
- _____ 48. I have an intense need for confirmation and agreement.
- _____ 49. I customarily judge my self-worth by comparison with others.
- _____ 50. I frequently boast about possessions, my achievements and myself.

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If you scored

- 50 or less – You are in danger of serious physical and emotional distress
- 51–75 – You have low self-esteem
- 75–100 – You have average self-esteem
- 100–125 – You have good self-esteem
- 125–150 – You have excellent self-esteem