

## Handout 9

# 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

A Survival Guide for  
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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.

### Self-Esteem Index

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