

Self-Esteem Inventory

Name: _____ Date: _____ dd / mm / yyyy

Instructions: For each statement, please select "Like Me" if it's mostly true about you or "Unlike Me" if it's mostly not true about you.

1. I feel good about myself.

☐ Like me ☐ Unlike me

2. I consider myself successful.

☐ Like me ☐ Unlike me

3. I rarely make mistakes.

☐ Like me ☐ Unlike me

4. I feel loved and appreciated by my family.

☐ Like me ☐ Unlike me

5. I struggle in social situations.

☐ Like me ☐ Unlike me

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

☐ Like me ☐ Unlike me

7. I feel I am not as good as others.

☐ Like me ☐ Unlike me

8. I'm confident in my abilities.

☐ Like me ☐ Unlike me

9. I'm optimistic about my future

☐ Like me ☐ Unlike me

10. I'm proud of who I am.

☐ Like me ☐ Unlike me

Additional Comments