

**The Counseling Team International**  
1881 Business Center Drive, Suite 11  
San Bernardino, CA 92408  
(909) 884-0133  
[www.thecounselingteam.com](http://www.thecounselingteam.com)

## **YOUR SELF-ESTEEM**

Instructions: Read each statement. If you agree with the statement, circle  
“A.” If you disagree with the statement, circle “D.”

- A D      1.      I feel my work/career has progressed more because of luck and not because I deserve it.
- A D      2.      I often find myself thinking, “Why can’t I be more successful?”
- A D      3.      I do not believe I am working up to my potential.
- A D      4.      I consider it a failure when I do not accomplish my goals.
- A D      5.      When others are nice to me, I often feel suspicious.
- A D      6.      Giving others compliments about their strengths often makes me feel uncomfortable
- A D      7.      It is difficult to see co-workers promoted because I often feel I am more deserving.
- A D      8.      I do not necessarily believe that our minds have a direct influence on our physical well-being.
- A D      9.      When things are going well, they usually will not last for me.
- A D      10.     I place a high value on what others think of me.
- A D      11.     I like to impress my supervisor (department chair, principal, manager, dean).
- A D      12.     I find it difficult to face up to my mistakes.
- A D      13.     I am not comfortable always saying what I mean.
- A D      14.     I find it hard to say, “I am sorry.”

- A D 15. I tend to accept change in my job slowly because of fear.
- A D 16. Procrastination is a good word to describe my work habits.
- A D 17. I often find myself thinking, "Why even try, I won't make it."
- A D 18. When my supervisor praises me, I usually do not believe him or her.
- A D 19. I do not think my co-workers want me to advance professionally.
- A D 20. I avoid people who I think do not like me.
- A D 21. My attitude toward life could improve.
- A D 22. If honest with myself, I tend to blame my parents for how my life is turning out.
- A D 23. I find it difficult to look for the good in others.
- A D 24. I do not think people can change their attitudes.
- A D 25. I do not believe that attitude can make a difference in one's self-esteem.

## SELF-ESTEEM TALLY SHEET

Count your Agree (A) and Disagree (D) responses and record below:

**Agree:** \_\_\_\_\_

**Disagree:** \_\_\_\_\_

If you responded to more than half of the statement with "A G R E E," you may want to spend time thinking about why you marked those statements in that manner. This session should help you identify and appreciate more of the positive attributes of yourself.

If the majority of your responses were "D I S A G R E E," it generally indicates a healthy self-esteem. This session will be beneficial to you because you will be able to give and receive positive feedback.