

Self-Esteem Inventory

Name: _____ Date: _____

Instructions: For each statement, please choose "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 (Optional):