

## Self-Esteem

### The Rosenberg Self-Esteem Scale

"How strongly do you agree or disagree with these statements?"

	Strongly agree	Agree	Do not agree or disagree	Disagree	Strongly disagree
1. I feel that I'm a person of worth, at least on an equal with others					
2. I feel that I have a number of good qualities					
3. All in all, I am inclined to feel that I'm a failure					
4. I am able to do things as well as most other people					
5. I feel I do not have much to be proud of					
6. I take a positive attitude toward myself					
7. On the whole, I am satisfied with myself					
8. I certainly feel useless at times					
9. I wish I could have more respect for myself					
10. At times I think I am no good at all					