



## October 2015 Assignment

### “Self Esteem Quiz”

Answer the questions below to determine how confident you are. There are no right or wrong answers so be honest.

Name \_\_\_\_\_

**1. How I feel about myself depends on what others think of me:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**2. When I am criticized I berate myself for being stupid:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**3. I easily ask for and accept help from others:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**4. I easily accept compliments:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**5. When I look in the mirror, I see flaws in my appearance:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**6. I make time in my schedule for activities that support my health and well-being:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**7. I am uncomfortable expressing my opinion and feelings in my personal relationships:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**8. I am anxious to admit that I don't know or understand something:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**9. In a restaurant, when I receive food that doesn't match my order, I say nothing and eat it anyway:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**10. I believe that I am confident and value myself:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**11. I openly express my opinions at work:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**12. I envy others:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**13. I believe my life would be better if I were more attractive:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**14. No matter what I do, I always find something wrong with the result:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**15. I believe I will never really be happy:**

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Never

**16. Do you believe you have a positive/healthy self esteem or a negative/low self esteem? \_\_\_\_\_ Yes \_\_\_\_\_ No**

Evaluation: If 10 or more of your answers are "always", you may need to work on building a healthier self esteem and realizing your value and worth. If 10 or more of your answers are "never", you probably have a pretty health self esteem.

Be comfortable in your skin and know that you were created with a purpose to do an assignment. No one else can do what you were created to do. Own YOU and be happy with the way you were made!

For additional resources and information visit:

<http://www.self-esteem-experts.com/building-self-esteem.html>

[http://teenshealth.org/teen/your\\_mind/emotions/self\\_esteem.html](http://teenshealth.org/teen/your_mind/emotions/self_esteem.html)

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2161>