

Rosenberg Self-Esteem Scale

Enter your name and email address:

Name _____

Email _____

Please record the appropriate answer for each item, depending on whether you: Strongly agree, Agree, Disagree, or Strongly disagree with it.

1 = Strongly agree

2 = Agree

3 = Disagree

4 = Strongly disagree

_____ 1. On the whole, I am satisfied with myself.

_____ 2. At times I think I am no good at all.

_____ 3. I feel I have a number of good qualities.

_____ 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 certainly feel useless at times.

_____ 7. I feel that I'm a person of worth.

_____ 8. I wish I could have more respect for myself.

_____ 9. All in all, I am inclined to think I am a failure.

_____ 10. I take a positive attitude toward myself.