

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):