

Piers-Harris Children's Self-concept Scale

The Way I Feel About Myself

Client's name (or ID #):

Today's date:

Age:

Gender:

Female

Male

Grade:

School:

Teacher's name (optional):

Race/ethnicity:

Asian

Hispanic

White

Black

Native American

Other

Instructions: Here are some sentences that tell how some people feel about themselves. Read each sentence and decide whether it tells the way you feel about yourself. If it is *true* or *mostly true* for you, circle the word *yes* next to the statement. If it is *false* or *mostly false* for you, circle the word *no*. Answer every question, even if some are hard to decide. Do not circle both *yes* and *no* for the same sentence. If you want to change your answer, cross it out with an X and circle your new answer.

Remember that there are no right or wrong answers. Only you can tell us how you feel about yourself, so we hope you will mark each sentence the way you really feel inside.

| | Yes | No |
|----------------------------------|--------------------------|--------------------------|
| 1. My classmates make fun of me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I am a happy person | <input type="checkbox"/> | <input type="checkbox"/> |

| | | |
|---|--------------------------|--------------------------|
| 3. It is hard for me to make friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I am often sad. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I am smart. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. I am shy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. I get nervous when the teacher calls on me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. My looks bother me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I am a leader in games and sports. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I get worried when we have tests in school. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. I am unpopular. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. I am well-behaved in school. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. It is usually my fault when something goes wrong. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. I cause trouble to my family. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. I am strong. | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. I am an important member of my family. | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. I give up easily. | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. I am good at my schoolwork. | <input type="checkbox"/> | <input type="checkbox"/> |

| | | |
|---|--------------------------|--------------------------|
| 19. I do many bad things. | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. I behave badly at home. | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. I am slow in finishing my schoolwork. | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. I am an important member of my class. | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. I am nervous. | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. I can give a good report in front of the class. | <input type="checkbox"/> | <input type="checkbox"/> |
| 25. In school, I am a dreamer. | <input type="checkbox"/> | <input type="checkbox"/> |
| 26. My friends like my ideas. | <input type="checkbox"/> | <input type="checkbox"/> |
| 27. I often get into trouble. | <input type="checkbox"/> | <input type="checkbox"/> |
| 28. I am lucky. | <input type="checkbox"/> | <input type="checkbox"/> |
| 29. I worry a lot. | <input type="checkbox"/> | <input type="checkbox"/> |
| 30. My parents expect too much of me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 31. I like being the way I am. | <input type="checkbox"/> | <input type="checkbox"/> |
| 32. I feel left out of things. | <input type="checkbox"/> | <input type="checkbox"/> |
| 33. I have nice hair. | <input type="checkbox"/> | <input type="checkbox"/> |
| 34. I often volunteer in school. | <input type="checkbox"/> | <input type="checkbox"/> |

| | | |
|--|--------------------------|--------------------------|
| 35. I wish I were different. | <input type="checkbox"/> | <input type="checkbox"/> |
| 36. I hate school. | <input type="checkbox"/> | <input type="checkbox"/> |
| 37. I am among the last to be chosen for games and sports. | <input type="checkbox"/> | <input type="checkbox"/> |
| 38. I am often mean to other people. | <input type="checkbox"/> | <input type="checkbox"/> |
| 39. My classmates in school think I have good ideas. | <input type="checkbox"/> | <input type="checkbox"/> |
| 40. I am unhappy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 41. I have many friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 42. I am cheerful. | <input type="checkbox"/> | <input type="checkbox"/> |
| 43. I am dumb about most things. | <input type="checkbox"/> | <input type="checkbox"/> |
| 44. I am good-looking. | <input type="checkbox"/> | <input type="checkbox"/> |
| 45. I get into a lot of fights. | <input type="checkbox"/> | <input type="checkbox"/> |
| 46. I am popular with boys. | <input type="checkbox"/> | <input type="checkbox"/> |
| 47. People pick on me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 48. My family is disappointed in me. | <input type="checkbox"/> | <input type="checkbox"/> |
| 49. I have a pleasant face. | <input type="checkbox"/> | <input type="checkbox"/> |
| 50. When I grow up, I will be an important person. | <input type="checkbox"/> | <input type="checkbox"/> |

| | | |
|---|--------------------------|--------------------------|
| 51. In games and sports, I watch instead of play. | <input type="checkbox"/> | <input type="checkbox"/> |
| 52. I forget what I learn. | <input type="checkbox"/> | <input type="checkbox"/> |
| 53. I am easy to get along with. | <input type="checkbox"/> | <input type="checkbox"/> |
| 54. I am popular with girls. | <input type="checkbox"/> | <input type="checkbox"/> |
| 55. I am a good reader. | <input type="checkbox"/> | <input type="checkbox"/> |
| 56. I am often afraid. | <input type="checkbox"/> | <input type="checkbox"/> |
| 57. I am different from other people. | <input type="checkbox"/> | <input type="checkbox"/> |
| 58. I think bad thoughts. | <input type="checkbox"/> | <input type="checkbox"/> |
| 59. I cry easily. | <input type="checkbox"/> | <input type="checkbox"/> |
| 60. I am a good person. | <input type="checkbox"/> | <input type="checkbox"/> |

This is only for demonstrative purposes. Please purchase the Piers-Harris Children's Self-concept Scale from an official provider.