

Rate Your Self-esteem PTSD Worksheet

Name:

Date:

Physician's Name:

RATE YOUR SELF-ESTEEM

Instructions: Using a scale from 0 to 7, with 0 representing the total absence of the characteristic and 7 representing the complete development of the characteristic, rate yourself on the list of personality characteristics.

Characteristics	Grade
Moral Fiber	
Integrity	
Problem-Solving	
Respect	
Critical Thinking	
Kindness	
Capacity for Love	
Trustworthiness	
Ability to Love Yourself	
Ability to Grow	
Knowing How to Change	
Truthfulness	
Courage	
Friendliness	
Gratitude	
Dignity	
Sincerity	
Cleverness	
Compassion	

Instructions: Reread the list. Add some more characteristics you think contribute to your self-esteem.

Which characteristics for you do you think are most important for your self-esteem?

Which characteristics are you most proud of based on your grading?

Which characteristics do you wish you had more of based on your grading?

How would you achieve that?