

SELF-ESTEEM QUIZ - How is your Self-Esteem

Answer Yes or No to the following questions

Yes

No

	Yes	No
Do you have a hard time nurturing yourself?		
Have you ever turned down an invitation to a party or function because of the way you felt about yourself?		
Do you get your sense of self-worth from the approval of others?		
Are you supportive of others but berate yourself? Whenever things go wrong in life do you blame yourself?		
Do you react to disappointment by blaming others?		
Do you begin each day with a negative attitude?		
Do you feel undeserving?		
Do you ever feel like an impostor and that soon your deficiencies will be exposed?		
Do you have an inner-critic who is disparaging or demeaning?		
Do you believe that being hard on yourself is the best motivation for change?		
Do your good points seem ordinary and your failings all-important?		
Do you feel unattractive?		
Have you ever felt your accomplishments are due to luck, but your failures due to incompetence or inadequacy?		
Have you ever felt that if you are not a total success, then you are a failure, and that there is no middle ground with no points for effort?		
Do you feel unappreciated?		
Do you feel lonely?		
Do you struggle with feelings of inferiority?		
Do other people's opinions count more to you than your own?		
Do you criticize yourself often?		
Do you hesitate to do things because of what others might think?		
TOTALS		
<p>The more yes answers you have the greater the opportunity to improve your self-esteem.</p>		