


# Self-Esteem Profile

 This profile is designed to help you examine six key areas in your life and the experiences in each that account for how you feel about yourself. Read each statement, then circle T for true or F for false to indicate whether it is an accurate or inaccurate description of yourself.

## Physical Safety

- T F 1. I like the neighborhood I live in. I feel safe there.
- T F 2. I like my home and always feel safe there.
- T F 3. I like the school I go to; I always feel safe there.
- T F 4. I'm not afraid of any student at school.
- T F 5. I seldom go to the nurse's office because of a headache or stomachache.
- T F 6. I always make wise choices for the health of my body.
- T F 7. I have a healthy, strong, and fit body.
- T F 8. My parents discipline fairly.
- T F 9. I feel safe when I am at school.
- T F 10. I'm not afraid of anyone in my neighborhood.

## Emotional Security

- T F 1. I am a self-confident person.
- T F 2. I am able to laugh at my own mistakes.
- T F 3. It helps to talk about my feelings.
- T F 4. I am my own best friend.
- T F 5. I expect good things to happen to me.
- T F 6. When I mess up, I just try to do it right the next time.
- T F 7. I give myself credit when I do something well.
- T F 8. I do not think it's important to do everything well.
- T F 9. I try never to make fun of others or tease them unfairly.
- T F 10. I know how to manage stress and pressure.

## Identity, Self-hood

- T F 1. I am a happy person.
- T F 2. I seldom wish I could be someone else.
- T F 3. I like the way I look.
- T F 4. I like who I am.
- T F 5. I like my body.
- T F 6. I rarely think that if I had more money I would be a lot happier and have more friends.
- T F 7. I can take care of my appearance, trying to look my best every day.
- T F 8. When something good happens to me, I feel I deserve it.
- T F 9. I feel comfortable in most situations, even new ones.
- T F 10. I often compliment others.

## Belonging, Affiliation

- T F 1. I have at least two good friends.
- T F 2. Other people are willing to give me help when I need it.
- T F 3. Whenever I say I will do something, people know I can be counted on.
- T F 4. When good things happen to my friends, I'm happy for them.
- T F 5. I like most of the people I know, even if we aren't good friends.
- T F 6. I'm able to hang out with whom I want. I can pick and choose my friends.
- T F 7. Not all my friends are like me.

- T F 8. I'm not intimidated by those who tease me and make fun of me.
- T F 9. My friends can count on me for compliments when they have done something well.
- T F 10. Others want to include me in what they are doing.

### Competence

- T F 1. I believe people who set goals get what they want out of life.
- T F 2. I know how to set priorities and manage my time.
- T F 3. I'm smart enough to do what I want when I put my mind to it.
- T F 4. I ask others for help when I need it.
- T F 5. I take my problems one step at a time.
- T F 6. I can make wise choices and good decisions.
- T F 7. I listen to the other person's point of view before I decide what to say.
- T F 8. When I have trouble paying attention, I just refocus.

- T F 9. I don't feel that I always have to do well in everything; sometimes, giving it my best is enough.
- T F 10. I feel capable of coping with life's challenges.

### Mission, Purpose

- T F 1. I often think about my future and what it will be like.
- T F 2. My life has meaning and direction.
- T F 3. Whether I succeed or fail is up to me.
- T F 4. I know that I'm going to get what I want out of life.
- T F 5. I know what I want to do with my life.
- T F 6. I have thought about what I want out of life.
- T F 7. I am excited about my present life and look forward to my future.
- T F 8. I've thought about what kind of a lifestyle I want to live.
- T F 9. There are a lot of things I'm interested in.
- T F 10. I have goals, and I'm going to achieve them.

Source: *You & Self-Esteem: The Key to Happiness & Success* (pp. 5-7), by B. Youngs, 1992, Austin, TX: PRO-ED. Copyright 1992 by PRO-ED, Inc. Adapted with permission.