

Self-Esteem

01 Do you have healthy self-esteem?

Low self-worth can be detrimental to a person's well-being. If you think you will fail, you may set yourself up for failure. On the flip side, if you are too high in self-confidence, you may tip into arrogant narcissism. Having the right amount of self-regard is key; it will help you shake off criticism and accept useful evaluation. See where you fall on the self-esteem scale.

Confidence in one's value as a human being is a precious psychological resource and a highly positive factor in life; it correlates with achievement, good relationships, and satisfaction. Possessing little self-regard can lead people to become depressed, fall short of their potential, or tolerate abusive relationships and situations.

Too much self-love, on the other hand, results in an off-putting sense of entitlement and an inability to learn from failures. It can also be a sign of clinical narcissism, in which individuals may behave in a self-centred, arrogant, and manipulative manner.

02 Who Is This Self-Esteem Test For?

This test is for anyone with low self-worth, shame, or invalidation. It is also for those with too much self-worth and difficulty connecting with others.

03 Self-esteem and Self-pity

The literature often compares self-pity to self-esteem (it is essential to distinguish it). In its simplest form, self-esteem is "simply a favourable global evaluation of oneself" Self-esteem has a judgement, either a judgement of self against some benchmark or a perceived evaluation of oneself by others. Self-esteem encompasses comparisons, which means individuals can make cognitive distortions about themselves, benchmarks and others (which can be maladaptive). Therefore, individual awareness, openness, and personal responsibility can be challenged.

While self-esteem focuses on or uses judgement, self-pity focuses entirely inwardly on oneself, where issues can become over-identified, and people become self-centred; people often feel disconnected from others and over-amplify their issues. There is a complete lack of awareness, both personally and socially, of other peoples' issues, failings and problems.

04 The Exercise

Using the key below, answer the questions based on how strongly you agree or disagree with the statement.

1	2	3	4	5
STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE

NB** Please remember to reverse the scores on the following questions: 2,6,7,14,15,17 (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1)

1.	I have good qualities.	
2.**	I am ashamed of myself when I receive critical feedback.	
3.	I feel worthy, just like other people	
4.	Failure is just part of life	
5.	Feeling blue is part of being human.	
6.**	I ruminate about all the things that are wrong in my life	
7.**	I brood over my flaws.	
8.	I think positively about myself.	
9.	I avoid beating myself up. I have self-compassion.	
10.	I know how to say "no." Giving too much of myself does no one any good.	
11.	I avoid being judgmental about myself.	
12.	I make good decisions.	
13.	I like who I am	
14.**	I wish I could be more confident, just like other people	
15.**	I wonder what people are thinking about me, I know it is negative.	

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STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE

NB** Please remember to reverse the scores on the following questions: 2,6,7,14,15,17 (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1)

16.	I feel attractive much of the time.	
17.**	I shut down because I am not worthy when I feel bad.	
18.	I am mostly satisfied with myself.	
19.	I am mostly satisfied with myself.	
20.	I am effective, not inferior.	
Total		

YOUR RESULT Score bands

SCORE	COMMENT
20-39	Low self-esteem
40-54	Moderate self-esteem
55-74	Adaptive (balanced)
75-89	Moderately high self-esteem
90-100	High self-esteem