

Rosenberg Self-Esteem Scale

1. I feel that I'm person of worth, at least on an equal plane with others.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

2. I feel that I have a number of good qualities.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

3. All in all, I am inclined to feel that I am a failure

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

4. I am able to do things as well as most other people.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

5. I feel I do not have much to be proud of.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

6. I take a positive attitude toward myself.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

7. On the whole, I am satisfied with myself.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

8. I wish I could have more respect for myself

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

9. I certainly feel useless at times

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree

10. At times I think I am no good at all.

☐ Strongly Agree ☐ Agree ☐ Disagree ☐ Strongly Disagree