

Rosenberg Self-Esteem Scale

Please read each statement carefully and put a tick in the box underneath the answer which best indicates how the statement applied to you over the past two weeks. Do not spend too much time on any one statement. There are no right or wrong answers!

Statements:	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.				
At times I think I am no good at all.				
I feel that I have a number of good qualities.				
I am able to do things as well as most other people.				
I feel I do not have much to be proud of.				
I certainly feel useless at times.				
I feel that I'm a person of worth, at least on an equal plane to others.				
I wish I could have more respect for myself.				
All in all, I am inclined to feel that I am a failure.				
I take a positive attitude toward myself.				

Thank you for completing this survey and for your honesty!