

Rosenberg Self-Esteem Scale

Read the statements below and indicate how true each one is for you by putting a check mark in the appropriate box.

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

Scoring: For items 1, 2, 4, 6, and 7, assign yourself three points for every **Strongly Agree**, two points for every **Agree**, one point for every **Disagree**, and zero points for every **Strongly Disagree**. For items 3, 5, 8, 9, and 10, assign yourself zero points for every **Strongly Agree**, one point for every **Agree**, two points for every **Disagree**, and three points for every **Strongly Disagree**.

What is your total? _____

The higher your total, the stronger your self-esteem.

0–10 Low self-esteem

11–20 Moderate self-esteem

21–30 High self-esteem