

Rosenberg self-esteem scale

Please read each statement and record a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past two weeks. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Strongly disagree 1 = Disagree 2 = Agree 3 = Strongly agree

1 I feel that I am 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 (R)

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

5 I feel I do not have much to be proud of (R)

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 (R)

9 I certainly feel useless at times (R)

10 At times I think that I am no good at all (R)

Total score =

For items marked with an (R), reverse the scoring (for example, 0 = 3, 1 = 2, 2 = 1, 3 = 0). For those items without an (R) next to them, simply add the score.

Typical scores on the Rosenberg scale are around 22, with most people scoring between 15 and 25. A score of less than 15 suggests low self-esteem may be an issue. Remember that this assessment is just for information, it is not a diagnosis.