Easily grow your self-esteem and self-confidence!

**Self-esteem quiz**

This self-esteem assessment can be taken by teenagers and adults alike, it will reveal whether you have high or low self-esteem, you are also going to find at the bottom of this quiz the procedure on how to count the results and how to score yourself.

- **How to take this self-esteem quiz?**

It’s quite simple, for each statement that you identify and agree with, tick next to it.

One more thing, try to take this quiz as quickly as possible, giving too much thought and too much attention to each statement is going to influence the results, the quicker you take this assessment, the more accurate the result will be.

- ___ I am afraid of criticism.
- ___ I fear making mistakes as it will give people a chance to criticize me.
- ___ I depend on the opinions of others to make decisions.
- ___ I struggle with trusting others, I feel that they will betray me sooner or later.
- ___ I have a tendency to think that I have higher standards than other people.
- ___ I feel that fear and anxiety control many of the decisions and choices I make.
- ___ In social situations, I fear looking like a fool.
- ___ I often criticize myself and others.
- ___ I regularly think that other people do not respect me.
- ___ I have difficulties understanding and being aware of my feelings.
- ___ I feel anxiety and depression most of the time.
- ___ I’ve been told in the past that I’m too sensitive.
- ___ I think that other people are critical and focused on what I say.
- ___ I feel very anxious in new social situations where I don’t know a lot of people and I’m not sure what is expected of me.
- ___ I frequently get so anxious and nervous that I don’t know what to say.
- ___ My family was/is dysfunctional.
- ___ I have a habit of magnifying my mistakes and minimizing my successes.
- ___ I reveal too much personal information about myself.
- ___ I do not set goals.
- ___ I feel extremely embarrassed to eat out alone.
- ___ I am afraid of rejection.
- ___ I have a tendency to compare myself with others.
- ___ Most of the time, I think negatively.
- ___ At night, before sleeping, I often analyze what others said and did to me that day.
- ___ I am afraid of disapproval.
- ___ I am afraid of sharing my opinions, ideas, and feelings in groups.
- ___ I often have and think negative thoughts about myself and other people.

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- ___ I frequently make decisions and choices on the basis of what would please and satisfy others instead of what I want.
- ___ As a child, I felt inferior or not enough.
- ___ I didn't make important changes in my life because I was afraid of making a mistake or being inadequate.
- ___ I am often worried about my looks and appearance.
- ___ I feel embarrassed quite easily.
- ___ I regularly feel that other people abuse and mistreat me and or take advantage of me.
- ___ I failed accomplishing what I am capable of because of fear and avoidance.
- ___ I find criticism from others hurting and difficult to bear.
- ___ I rarely reveal personal information about myself.
- ___ I tend to see life as being harder for me than for other people.
- ___ I frequently find myself hurt and angry by what others have said or done to me.
- ___ I’m afraid of saying or doing something that would make me look silly or stupid in front of myself or in front of others.
- ___ I avoid situations in which I will be uncomfortable.
- ___ At night, before sleeping, I often review my day, and think about what I said and did that day.
- ___ I sometimes feel depressed.
- ___ I try to avoid as much conflicts and confrontations as possible.
- ___ I frequently procrastinate in my most important tasks.
- ___ I am a perfectionist, everything about me must be and look perfect otherwise I don't do it and/or I don't take part in it.
- ___ I often feel hesitant because I don't know the right thing to do or say.
- ___ I feel embarrassment and inadequacy when talking about sex or being involved in sexual intercourse.
- ___ I easily become aggressive and defensive when I feel I am being criticized.
- ___ I lie from time to time when I feel that telling the truth may result in criticism or rejection from others.
- ___ I easily feel depressed and unsatisfied with myself about things I’ve said and done, or things I could have said or done.
- ___ If I’m mistreated by someone, I feel that I have done something to deserve it.
- ___ Most of the time, I feel like I don’t know what to do and what is expected of me.
- ___ I feel extremely embarrassed to go to the movies or do some other activities by myself.
- ___ I have no goals for the future.
- ___ I frequently make decisions and choices without even considering what I want, as I wanted to please others.
- ___ I can easily be discouraged by myself and others.

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How to count your score?

For every statement you have ticked, give yourself one mark, when you are done, add your results and compare with the chart below:

If you have ticked between:

- **00-06 Statements** You probably have a good self-esteem
- **06-13 Statements** You have slightly low self-esteem
- **13-19 Statements** You have low self-esteem
- **19-56 Statements** You are suffering from severe low self-esteem

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