

28 Questions to Test Your Self Esteem

Put a check next to the questions below that describe you. Put a star next to the ones that affect you significantly or that you have struggled with for weeks, months, or more.

1. Do you worry a lot about how you look?
2. Is it hard to accept compliments and believe the person meant them?
3. Do you feel that you have to prove yourself to other people?
4. Do you avoid social gatherings?
5. Are you happy with who you are, even when others make you feel different?
6. Do you wish that you could have more self-respect?
7. If you disappeared one day, do you wonder if anyone would notice?
8. Do you sometimes think of yourself as "weird" and you're not kidding?
9. Do you tend to accept blame for everything?
10. Do you feel that your self-esteem is robbing your peace of mind?
11. Do you have to have alcohol, drugs, or food to make yourself feel good?
12. Do you tend to hide your feelings when someone hurts you or has angered you?
13. Do you find that you apologize often?
14. Do you ever feel like you have failed yourself?
15. Do you have a hard time making decisions?
16. Do you feel that your body image has a lot to do with your feelings of low self-esteem?
17. Do you feel misunderstood?
18. Are you uncomfortable making personal relationships and find yourself pushing people away?
19. Do you often wonder what your friends or partner see in you?
20. Do you allow others to criticize or verbally abuse you?
21. Do you spend more time worrying than laughing?
22. Do you spend more time wishing things would change rather than taking action?
23. Do you have to work hard at being confident?
24. Is it hard to keep eye contact with others?
25. Do you remember being neglected or abused as a child?
26. Do you ever say you are your own worst critic?
27. Do you feel like your opinions don't matter?
28. Do you ever feel like you are invisible until somebody needs you?

Count your check marks. The more you have, the greater your struggle with self-esteem.

How we view our self shapes how we see others.

Our self-esteem affects our health, our finances, our education, our career, and our relationships. It can even affect our relationship with God.

We have found that our self-esteem is multi-faceted, dealing with these aspects:

- How we view our body
- How we relate with others
- How we perform at work and/or school
- How well we accept ourselves

There are four basic levels of self-esteem:

1. Healthy self-esteem
2. Borderline Insecure self-esteem
3. Insecure self-esteem
4. Negative self-esteem

Regarding the answers to your test...

Depending on the type of day you had when you filled this out, your answers may be really good or really bad. To get a more accurate idea of your self-esteem levels, we recommend you take the test once a week for a month and then average your score.

It is normal to have these feelings flare up on occasion as long as they don't stay for long. If you have marked any questions with stars, or if you have seven or more answers checked, you are really dealing with some self-esteem issues and could benefit from learning ways to love, honor, and accept yourself more. There are books available, support groups, and classes. We have found EFT to be an exceptional tool to help improve self-esteem levels and we recommend you find EFT classes and workshops in your area. For more information on EFT, visit www.ExperienceBreakthrough.com and www.emofree.com/a/?2250/2.