

THE SELF ESTEEM INVENTORY

Directions: Please mark each statement in the following way: if the statement describes how you usually feel, put a check in the column "Like Me." If the statement does not describe how you usually feel, put a check in the column "Unlike Me." There are no right or wrong answers. Read each statement quickly, and answer immediately "off the top of your head." Do not deliberate at length over each one.

LIKE ME	UNLIKE ME	
_____	_____	1. I spend a lot of time daydreaming
_____	_____	2. I'm pretty sure of myself
_____	_____	3. I often wish I were someone else
_____	_____	4. I'm easy to like
_____	_____	5. My family/partner and I have a lot of fun together
_____	_____	6. I never worry about anything
_____	_____	7. I find it very hard to talk in front of a group
_____	_____	8. I wish I were younger
_____	_____	9. There are lots of things about myself I'd change if I could
_____	_____	10. I can make up my mind without too much trouble
_____	_____	11. I'm a lot of fun to be with
_____	_____	12. I get upset easily at home
_____	_____	13. I always do the right thing
_____	_____	14. I'm proud of my work
_____	_____	15. Somebody always has to tell me what to do
_____	_____	16. It takes me a long time to get used to anything new
_____	_____	17. I'm often sorry for the things I do
_____	_____	18. I'm popular with people my own age
_____	_____	19. My family/partner usually considers my feelings
_____	_____	20. I'm never unhappy
_____	_____	21. I'm doing the best work that I can
_____	_____	22. I give in very easily
_____	_____	23. I can usually take care of myself
_____	_____	24. I'm pretty happy
_____	_____	25. I would rather associate with people younger than me
_____	_____	26. My family/partner expects too much of me
_____	_____	27. I like everyone I know
_____	_____	28. I like to be called on when I'm in a group
_____	_____	29. I understand myself
_____	_____	30. It's pretty tough to be me
_____	_____	31. Things are all mixed up in my life
_____	_____	32. People usually follow my ideas
_____	_____	33. No one pays much attention to me at home
_____	_____	34. I never get criticized
_____	_____	35. I'm not doing as well at work as I'd like to
_____	_____	36. I can make up my mind and stick to it
_____	_____	37. I really don't like being a man/woman
_____	_____	38. I have a low opinion of myself
_____	_____	39. I don't like to be with other people
_____	_____	40. There are many times when I'd like to leave home
_____	_____	41. I'm never shy
_____	_____	42. I often feel upset
_____	_____	43. I often feel ashamed of myself
_____	_____	44. I'm not as nice-looking as most people

LIKE ME	UNLIKE ME	
_____	_____	45. If I have something to say, I usually say it
_____	_____	46. People pick on me very often
_____	_____	47. My family/partner understands me
_____	_____	48. I always tell the truth
_____	_____	49. My employer or supervisor makes me feel as if I'm not good enough
_____	_____	50. I don't care what happens to me
_____	_____	51. I'm a failure
_____	_____	52. I get upset easily when I am criticized
_____	_____	53. Most people are better liked than I am
_____	_____	54. I usually feel as if my partner/family is punishing me
_____	_____	55. I always know what to say to people
_____	_____	56. I often get discouraged
_____	_____	57. Things don't usually bother me
_____	_____	58. I can't be depended on

SCORING YOUR SELF EXTEEM INVENTORY

To find your score count the number of times our responses agree with the keyed responses below. The majority of the items do measure self esteem, but the 8 items below are testing questions (The "Lie Scale") intended to point out when people are trying to make themselves look as if they have more self esteem than they really do.

2. Like	22. Unlike	42. Unlike
3. Unlike	23. Like	43. Unlike
4. Like	24. Like	44. Unlike
5. Like	25. Unlike	45. Like
7. Unlike	26. Unlike	46. Unlike
8. Unlike	28. Like	47. Like
9. Unlike	29. Like	49. Unlike
10. Like	30. Unlike	50. Unlike
11. Like	31. Unlike	51. Unlike
12. Unlike	32. Like	52. Unlike
14. Like	33. Like	53. Unlike
15. Unlike	35. Unlike	54. Unlike
16. Unlike	36. Like	55. Like
17. Unlike	37. Unlike	56. Unlike
18. Like	38. Unlike	57. Like
19. Like	39. Unlike	58. Unlike
21. Like	40. Unlike	

The Lie Scale

The following 8 items make up the Lie Scale. To find your score, count the number of times your answers agree with the keyed answers below. If your score was 3 or higher, you may have been trying too hard to appear to have high self esteem. Try taking the test again getting more rigorous with yourself.

1. Like	20. Like	41. Like
6. Like	27. Like	48. Like
13. Like	34. Like	

How Do You Compare with Others?

	SCORE	PERCENTILE
Men	Women	
33	32	15
36	35	30
40	39	50
44	43	70
47	46	85

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