

# Thrive Self-Esteem

Before we talk about self-esteem, let's get an idea of how high yours is right now. Please read the following twenty statements carefully, and tick either 'agree' or 'disagree' after each one.

| Self-Esteem Quiz  |       |          |
|---|-------|----------|
|   | Agree | Disagree |
| 1. I sometimes feel as though I'm a bit of a failure  |       |          |
| 2. I sometimes put myself down (in my head) for saying or doing 'the wrong thing', calling myself stupid or similar |       |          |
| 3. I tend to focus on the mistakes I have made rather than my successes in life                                     |       |          |
| 4. I often hold back from trying new things   |       |          |
| 5. I rarely praise myself   |       |          |
| 6. I am never as capable as I feel I should be  |       |          |
| 7. I sometimes find it difficult to accept compliments from other people  |       |          |
| 8. I sometimes give up on a task if I encounter difficulties with it  |       |          |
| 9. If someone challenges my views, I tend to assume that I am in the wrong  |       |          |
| 10. I don't really like what I see in the mirror  |       |          |
| 11. I find it difficult to be open and honest with my feelings  |       |          |
| 12. I tend to be a perfectionist  |       |          |
| 13. I hate the feeling of being criticized  |       |          |
| 14. I often compare myself to others  |       |          |
| 15. I often need the reassurance of work-colleagues to know that I am doing well                                    |       |          |
| 16. There are parts of my body that I really don't like   |       |          |
| 17. I avoid confrontation whenever I can  |       |          |
| 18. I don't believe that I am a particularly likeable or interesting person   |       |          |
| 19. I would find it hard to ask someone out on a date   |       |          |
| 20. I sometimes get myself in situations where people bully me  |       |          |

*The Social Anxiety Scale* in 2008, score: agree times 5 – from 100 this is your percentage of self-esteem.