

Rosenberg Self Esteem Scale

Identifier

Date

Please read each of the following statements concerning your general feelings about yourself. Select the answer which most closely reflects how you feel. 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.

1 On the whole, I am satisfied with myself

2 At times, I think I am no good at all

3 I feel that I have a number of good qualities

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

5 I feel I do not have much to be proud of

6 I certainly feel useless at times

7 I feel that I'm a person of worth, at least on an equal plane with others

8 I wish I could have more respect for myself

9 All in all, I am inclined to feel that I am a failure

10 I take a positive attitude toward myself

Total score =

Higher scores are better. Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, either print this document or save this file locally to your computer. If you click 'save' before closing, your results will be saved in this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Crandal, R. (1973). The measurement of self-esteem and related constructs, Pp. 80-82 in J.P. Robinson & P.R. Shaver (Eds), Measures of social psychological attitudes. Revised edition. Ann Arbor: ISR.