



SELF-ESTEEM ASSESSMENT

Rosenberg Self-Esteem Scale

A ten-item measure of global self-worth. Morris Rosenberg, 1965.

Below is a list of statements dealing with your general feelings about yourself. For each, mark the response that best reflects how you feel today.

SA Strongly Agree · A Agree · D Disagree · SD Strongly Disagree

	SA	A	D	SD
01 On the whole, I am satisfied with myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02 At times I think I am no good at all.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03 I feel that I have a number of good qualities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04 I am able to do things as well as most other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05 I feel I do not have much to be proud of.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06 I certainly feel useless at times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07 I feel that I'm a person of worth, at least on an equal plane with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08 I wish I could have more respect for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09 All in all, I am inclined to feel that I am a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 I take a positive attitude toward myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SCORING AND INTERPRETATION

How to score

Assign each response a value, then add the values across all ten items. Items 1, 3, 4, 7, and 10 are scored in the standard direction; items 2, 5, 6, 8, and 9 are reverse-scored.

STANDARD SCORING

Items 1, 3, 4, 7, 10

Strongly Agree = 3

Agree = 2

Disagree = 1

Strongly Disagree = 0

REVERSE SCORING

Items 2, 5, 6, 8, 9

Strongly Agree = 0

Agree = 1

Disagree = 2

Strongly Disagree = 3

How to read your score

0 - 14

Low self-esteem. A range worth talking through with a clinician.

15 - 25

Within the normal range.

26 - 30

High self-esteem.

A NOTE FROM THE PRACTICE

A self-assessment is a starting point, not a diagnosis. Scores move with mood, season, and circumstance. If these questions bring about additional curiosity and you want to explore further, I encourage you to reach out.

Isabel@sanctuaryridgetherapy.com · +1 203-244-8424