

### Self Measures for Self Esteem

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

Response

SA -Strongly Agree

A - Agree

D -Disagree

SD -Strongly Disagree

Source: [http://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self\\_Measures\\_for\\_Self-Esteem\\_ROSENBERG\\_SELF-ESTEEM.pdf](http://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/Self_Measures_for_Self-Esteem_ROSENBERG_SELF-ESTEEM.pdf)

### Assessment

| Question  | Response                 | Score                       |
|---|--------------------------|-----------------------------|
| 1.On the whole, I am satisfied with myself.                                   | <input type="checkbox"/> | <input type="checkbox"/>    |
| 2.At times I think I am no good at all.                                       | <input type="checkbox"/> | <input type="checkbox"/> -R |
| 3. I feel that I have a number of good qualities.                             | <input type="checkbox"/> | <input type="checkbox"/>    |
| 4. I am able to do things as well as most other people.                       | <input type="checkbox"/> | <input type="checkbox"/>    |
| 5. I feel I do not have much to be proud of.                                  | <input type="checkbox"/> | <input type="checkbox"/> -R |
| 6. I certainly feel useless at times.   | <input type="checkbox"/> | <input type="checkbox"/> -R |
| 7. I feel that I'm a person of worth, at least on an equal plane with others. | <input type="checkbox"/> | <input type="checkbox"/>    |
| 8. I wish I could have more respect for myself.                               | <input type="checkbox"/> | <input type="checkbox"/> -R |
| 9. All in all, I am inclined to feel that I am a failure.                     | <input type="checkbox"/> | <input type="checkbox"/> -R |
| 10. I take a positive attitude toward myself.                                 | <input type="checkbox"/> | <input type="checkbox"/>    |
| Total Score   |                          | <input type="checkbox"/>    |

### Scoring:

Items 2, 5, 6, 8, 9 are reverse scored.

"Strongly Disagree" 1 point, "Disagree" 2 points,

"Agree" 3 points, and "Strongly Agree" 4 points.

Sum scores for all ten items. Keep scores on a continuous scale.

Higher scores indicate higher self-esteem.

### Rosenberg



NovoPsych

#### Rosenberg Self-Esteem Scale (RSES)

##### Instructions:

Below is a list of statements dealing with your general feelings about yourself. There are four possible answers for each of the 10 questions, from "strongly agree" to "strongly disagree". Tap the box to indicate how strongly you agree or disagree with each statement.

|   | Strongly Agree | Agree | Disagree | Strongly Disagree |
|---|----------------|-------|----------|-------------------|
| 1 On the whole, I am satisfied with myself                                  | 3              | 2     | 1        | 0                 |
| 2 At times, I think I am no good at all                                     | 0              | 1     | 2        | 3                 |
| 3 I feel that I have a number of good qualities                             | 3              | 2     | 1        | 0                 |
| 4 I am able to do things as well as most other people                       | 3              | 2     | 1        | 0                 |
| 5 I feel I do not have much to be proud of                                  | 0              | 1     | 2        | 3                 |
| 6 I certainly feel useless at times   | 0              | 1     | 2        | 3                 |
| 7 I feel that I'm a person of worth, at least on an equal plane with others | 3              | 2     | 1        | 0                 |
| 8 I wish I could have more respect for myself                               | 0              | 1     | 2        | 3                 |
| 9 All in all, I am inclined to feel that I am a failure                     | 0              | 1     | 2        | 3                 |
| 10 I take a positive attitude toward myself                                 | 3              | 2     | 1        | 0                 |

