

Teen Self-Esteem Scale Directions

Self-esteem is the way you feel about yourself. It is your perception of your worth, as well as your perception of what others think of you. Good self-esteem is being able to think and speak positively and confidently about yourself without bragging or being arrogant. It is one of the most important aspects of your personal development. It is necessary for effective social and emotional growth and is vital in your efforts to reach your full potential.

The *Teen Self-Esteem Scale* can help you identify how you currently feel about yourself. This assessment contains 32 statements. Read each of the statements and decide if the statement is true or false. If it is true, circle the word True next to the statement. If the statement is false, circle the word False next to the statement. Ignore the letters after the True and False choices. They are for scoring purposes and will be used later. Complete all 32 items before going back to score the Self-Esteem Scale.

In the following example, the circled False indicates that the item is false for the person completing the scale:

1. I need constant approval and recognition.....True (B) **False (A)** Score _____

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

Teen Self-Esteem Scale

1. I need constant approval and recognition.....True (B) False (A) Score _____
2. I am often embarrassed by the actions of others.....True (B) False (A) Score _____
3. I am concerned about what others think of me.....True (B) False (A) Score _____
4. I am hurt by the opinions and comments of others.....True (B) False (A) Score _____
5. I give in to other people quickly.....True (B) False (A) Score _____
6. I am judgmental of others.....True (B) False (A) Score _____
7. I openly voice my opinions.....True (A) False (B) Score _____
8. Even if I don't want to, I often go along with the crowd.....True (B) False (A) Score _____

I. Total= _____

9. It doesn't bother me to talk in front of a group of people....True (A) False (B) Score _____
10. I rarely know how to start a conversation.....True (B) False (A) Score _____
11. I often feel inadequate in a new situation.....True (B) False (A) Score _____
12. I am shy when I am with other people.....True (B) False (A) Score _____
13. Big crowds make me nervous.....True (B) False (A) Score _____
14. I am friendly and comfortable with new people.....True (A) False (B) Score _____
15. I like new and different situations.....True (A) False (B) Score _____
16. I don't like to be with other people.....True (B) False (A) Score _____

II. Total= _____

- 17. I don't think I'm anyone special.....True (B) False (A) Score _____
- 18. I often say I should have.....True (B) False (A) Score _____
- 19. I am able to evaluate what is good about me.....True (A) False (B) Score _____
- 20. I have a high opinion of myself.....True (A) False (B) Score _____
- 21. I can figure out what I need to improve about myself.....True (A) False (B) Score _____
- 22. I don't often speak my mind, even if I know I'm right.....True (B) False (A) Score _____
- 23. I am proud of myself.....True (A) False (B) Score _____
- 24. I often feel like a loser.....True (B) False (A) Score _____

III. Total= _____

- 25. I often exaggerate the truth in order to maintain my image.....True (B) False (A) Score _____
- 26. I don't feel ashamed of myself.....True (A) False (B) Score _____
- 27. I often wish I had what other people have.....True (B) False (A) Score _____
- 28. I make excuses when I make mistakes.....True (B) False (A) Score _____
- 29. It is most important to me to do what I think is right.....True (A) False (B) Score _____
- 30. I feel that I look as good as most people.....True (A) False (B) Score _____
- 31. I would not change much about myself.....True (A) False (B) Score _____
- 32. I often brag about myself and my accomplishments.....True (A) False (B) Score _____

IV. Total= _____

Teen Self-Esteem Scale Scoring Directions

The *Teen Self-Esteem Scale* is designed to help you better understand your level of self-esteem. This assessment will help assist you in getting to know yourself better and provide you with insights into your perceptions of yourself. People with high self-esteem consider themselves worthy and view themselves as equal to others. They do not think that they are perfect, but they recognize their limitations and are continually striving to grow and improve.

Scoring the Assessment

Look at the 32 items. Now you need to focus on the **A** and **B** after each choice rather than the True or False. In the space marked Score for each item, award yourself one (1) point for every answer you circled with **A** next to it and zero (0) points for every answer you circled with a **B** next to it. Then total your score on all items and write that number in the blank below.

I. Approval Total _____

II. Social Total _____

III. Pride Total _____

IV. Image Total _____

Teen Self-Esteem Scale Profile Interpretation

Individual Scale Score	Result	Indications
0 to 2	low	You seem to possess few of the characteristics of someone who has healthy self-esteem. You need to develop skills to respect yourself, consider yourself worthy, and begin to move directly and realistically toward your personal and future goals.
3 to 5	moderate	You possess some of the characteristics of someone who has healthy self-esteem. You seem to respect yourself, consider yourself worthy, and show that you are able to move directly and realistically toward your personal and future goals.
6 to 8	high	You possess many of the characteristics of someone who has healthy self-esteem. You respect yourself, consider yourself worthy, and you are able to move directly and realistically toward your personal and future goals.

For scales you scored in the Moderate or High range, find the descriptions below.

Read the description and review the tips and tools in the **Self-Esteem Topic** on www.yourlifeyourvoice.org.

No matter how you scored, low, moderate or high, the tips and tools will help you to increase your understanding of your level of self-esteem.

Scale Descriptions

Approval – High scores indicate that you do not necessarily need the approval and recognition of others, you are concerned about what others think of you but do not obsess over their comments, and you are not easily influenced by what others do.

Social – High scores indicate that you enjoy and feel at ease when meeting other people for the first time, you feel comfortable in new situations, and you enjoy being in social situations where you can be with other people.

Pride – High scores indicate that you take pride in yourself and your accomplishments, hold yourself in high regard, and know what your strengths are and work to improve on those aspects that you feel are your weaknesses.

Image – High scores indicate that you have a strong self-image, are comfortable with the way you are on the inside and look on the outside, and are not overly concerned about projecting an untrue self-image.