



Self-Esteem Screening Inventory

Indicate how much of the time you have experienced the following by checking all that apply:

	None or Very Little	Some of the Time	Most or All of the Time
1. I <i>have</i> to achieve.			
2. I do not permit my habits to get out of control.			
3. I have a positive feeling about myself, regardless of how others feel about me.			
4. I try to look at my mistakes as learning opportunities.			
5. I naturally give the benefit of the doubt to others.			
6. I believe that most people should follow the same standards and ideals.			
7. It is impossible for me to ask for what I need.			
8. I am always comparing myself to others.			
9. I am easily persuaded by others.			
10. I never judge myself or others.			
11. I am run by my emotions.			
12. I have to accomplish things in order to feel good about myself.			
13. I cannot be happy unless those around me are happy.			
14. When thinking about my life, I have trouble not focusing on the negative.			
15. I have done things I didn't like in order to be liked by others.			