

Self-Esteem Building Activity

<https://positivepsychology.com/self-esteem-tools-activities> by Leslie Riopel, November 11, 2021

An Assessment and Questionnaire

Another simple quiz that you can do for self-esteem involves asking 10 simple questions (Mirror Mirror, n.d.). This self-esteem quiz is not meant to diagnose any psychological disorder but is good for gauging how someone feels about themselves. If you score on the low end, that might mean you need to practice more self-love or self-compassion.

Answer the following questions with “most of the time,” “some of the time,” or “almost never.”

1. My feelings get easily hurt.
2. I get upset if someone criticizes me, even if they mean well and offer constructive criticism.
3. I get angry at myself if I make a small mistake, even if it is an honest one.
4. I typically ask other people what they think I should do, instead of making my own decisions.
5. I typically go along with the group, even if I don't necessarily agree.
6. I am uncomfortable when accepting compliments.
7. I don't feel like I measure up or feel good enough.
8. It's common for me to self-criticize or say negative things about myself, like telling myself I am stupid, fat, or just no good.
9. When I look in the mirror, I don't like what I see and don't feel attractive.
10. I find myself apologizing for things all of the time, even for things that aren't my fault.

If you answered “almost never” for most of the questions, you have a healthy self-esteem. Everyone has times when they feel down, but as long as you don't feel like that every day, you will be fine.

If you answered “most of the time” to many of the questions, you may need to take some additional steps to boost your self-esteem. This doesn't necessarily mean you are depressed; it just means you may be a little too hard on yourself.

If you answered “some of the time” to many of the questions, you could still benefit from practicing a little self-compassion and self-love.

- Mirror Mirror. (n.d.). Quiz for self-esteem. Retrieved from <https://www.mirror-mirror.org/quiz-for-self-esteem.htm>

Complete the questionnaire, assess your results, and reflect on what you learned (1 page, 12 font, double-spaced). Email me your assignment when completed.