

# HEALTHY SELF-ESTEEM QUIZ

For Teens



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# Healthy Self-Esteem Quiz

For each question below, record the multiple choice answer that best corresponds to what you experience now:

**1. When I think about my life:**

- a) I believe I'm unimportant.
- b) I think I may have value.
- c) I believe I am valuable.

**2. When I think about giving myself a compliment or saying a positive affirmation:**

- a) I feel there's nothing good about me and I don't deserve praise.
- b) I think maybe I can try it but I won't believe it.
- c) I recognize there are lots of things about me to praise and feel good about.

**3. When I pay attention to my self-talk, I notice the messages are generally:**

- a) Self-berating, mean, and negative.
- b) A mix of negatives and positives.
- c) Encouraging and kind.

**4. When I think about listing my strengths:**

- a) I cringe, wondering, "What strengths?"
- b) I feel uncomfortable or arrogant for recognizing the positives about myself.
- c) I am able to rattle off a list of several positive things.

**5. When I think about my weaknesses:**

- a) I feel ashamed, recognizing there are too many to count.
- b) I know I could make a pretty long list.
- c) I am able to pinpoint flaws, but I know they don't define me.



**6. When I compare myself to others:**

- a) I feel completely worthless.
- b) I recognize I have strengths and weaknesses.
- c) I feel good about who I am.

**7. When I think about my future:**

- a) I cannot envision getting very far.
- b) I feel hopeful but uncertain what will transpire.
- c) I feel excited about what's ahead for me.

**8. When I think about my talents:**

- a) I feel awkward and embarrassed.
- b) I feel good but afraid to brag.
- c) I feel proud of myself.

**9. When I think about the phrase "I am smart":**

- a) I know that doesn't fit me. I am not very smart.
- b) I identify with it in some areas.
- c) I know that it is true.

**10. When I think about my worth:**

- a) I wonder how I could possibly have any worth.
- b) I want to believe I have worth, but I am not totally sure how I feel.
- c) I know I have value.

**11. When I make a mistake, I tend to:**

- a) Get pretty angry and beat myself up relentlessly.
- b) Feel discouraged and disappointed in myself.
- c) Take a deep breath and encourage myself to try again.



**12. When I look in the mirror:**

- a) I hate what I see and hate myself.
- b) I think, "It could be worse."
- c) I am content with what I see.

**13. When I see an attractive person:**

- a) I feel jealous and bitter because I am so inadequate or know I have no chance.
- b) I wonder how I compare.
- c) I simply notice.

**14. When I receive a compliment:**

- a) I reject it and assume the person giving the compliment is lying, trying to manipulate me, or is just being nice.
- b) I feel awkward and uncomfortable, downplaying the praise.
- c) I accept it, saying, "Thank you."

**15. When I receive criticism:**

- a) I feel mortified and exposed.
- b) I feel uncomfortable and agree with the person delivering the critique.
- c) I stop to consider whether the feedback is warranted and use the constructive aspects of it to learn and grow.

**16. When I have an opinion that differs from those of others:**

- a) I remain silent, determining my opinion is likely wrong.
- b) I struggle with whether or not to speak up.
- c) I am able to state my opinion with confidence.

**17. When somebody puts me down:**

- a) I feel bad and know they are right about me.
- b) I stay silent but consider they may not be accurate.
- c) I speak up, standing up for myself in response to mean comments.

**18. When I meet new people:**

- a) I worry they will not like me.
- b) I feel shy but do my best to be friendly.
- c) I am able to introduce myself with confidence.

**19. When I'm at parties:**

- a) I feel awkward and uncomfortable, as if I don't belong.
- b) I have some insecurities but am able to get through it.
- c) I am able to relax and enjoy myself.

**20. When a decision needs to be made (about where to eat, what to do this weekend, etc.):**

- a) I have no opinion and defer to others.
- b) I don't share my opinion, insisting someone else decide.
- c) I make suggestions without second guessing myself.

**21. When I'm called on in class:**

- a) I feel anxious, start sweating, and freeze.
- b) I feel uncomfortable but do my best.
- c) I answer confidently.

**22. In relationships:**

- a) I constantly feel I'm not good enough.
- b) I worry about whether people really like me.
- c) I enjoy connecting with others.

**23. When I am with my family:**

- a) I fear I am a burden.
- b) I sometimes feel like I don't fit in.
- c) I enjoy myself and know my family does, too.



**24. When I question whether somebody really likes me:**

- a) I feel certain they are just pretending to be nice.
- b) I worry about staying on their good side.
- c) I realize their opinion doesn't necessarily matter.

**25. When I am with my friends:**

- a) I worry about my every move.
- b) I sometimes lack confidence.
- c) I am able to have fun and enjoy myself.

**26. When I face pressure to do something I don't want to:**

- a) I generally cave because I don't want to be judged or made fun of.
- b) I try to find an excuse people will accept.
- c) I can say no without fear or hesitation.

**27. When I'm in an uncomfortable situation:**

- a) I suck it up and cope.
- b) I try to find a reason to leave.
- c) I state my discomfort and allow myself to leave.

**28. When I have a test:**

- a) I panic, assume the worst, and find it hard to concentrate.
- b) I feel slightly anxious but am able to find ways to reassure myself.
- c) I take it with confidence.

**29. When I am about to try something new:**

- a) I worry about messing up, sometimes so much that I don't even begin.
- b) I feel nervous but manage to get past it.
- c) I feel excited and believe trying new things are important for growth.

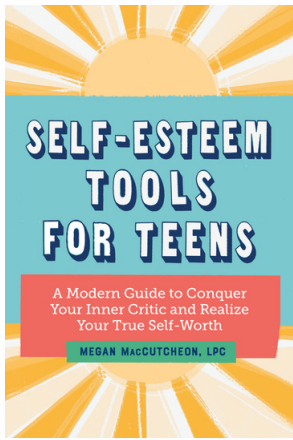
### 30. When I think about my past:

- a) I am filled with regret.
- b) I can remember both highs and lows.
- c) I am generally grateful for my memories.

Now, look back over your answers and count the number of times you answered a, b, and c.

- ◆ **If you answered A most frequently**, I'm so glad you are reading this book! Your self-esteem could definitely use a boost, and this is a great first step! Be patient with yourself and know that building self-esteem takes time and effort.
- ◆ **If you answered B most frequently**, your self-esteem isn't totally in the dumps, but you are still working to feel truly confident in believing in your worth. Keep going! Take a look at any questions where you answered A and focus your energy on challenging negative self-talk in those areas especially.
- ◆ **If you answered C most frequently**, congratulations! You are one of the few teens who approaches life with a relatively healthy level of self-worth. But reading this book will certainly not be wasted effort. Maintaining self-esteem is a life-long process, and the more tools you have in your arsenal, the better prepared you will be to keep your self-esteem steady, even when faced with the challenges life throws your way.





For tips and tools on improving self-esteem, check out my book, *Self-Esteem Tools for Teens*, available Amazon (ref link).



Hi! I'm Megan.

I'm a licensed professional counselor, a certified perinatal mental health clinician, and an author. I specialize in working with individuals struggling with issues related to identity, self-esteem, stress-management, trauma, and anxiety.



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