

# EXERCISE 7: Measure your self-esteem

## How to do this exercise:

- Evaluate the statements on page 46 and 47 as objectively as possible.
- Place an × in the **Agree** column, if you agree completely with the statement.
- Place an × in the **Partially** column if you partially agree or disagree with the statement.
- Place an × in the **Disagree** column if you disagree completely with the statement.

## How to score this exercise:

- Count the number of ×s in each of the 3 columns. Write the sum in the space marked **Number of ×s**.
- Multiply the number of ×s in the **Agree** column by 3. Put the result in the space provided for **Points**.
- Write the number of ×s in the **Partially** column in the space provided for **Points**.
- Do not count the number of ×s in the **Disagree** column.
- Add up the numbers in the two different Points spaces and write the sum in the space marked **Total**.

The maximum number of points is 90.

A score of more than 70 points indicates a high degree of self-esteem. In other words, you feel good about yourself and others;

If you score considerably less than 70 points, you should work on developing your self-esteem – and regard this task as an exciting challenge.

It can also be beneficial to ask others, your boss, colleagues, employees, friends and family, to score this exercise as they see you. This will probably reveal some differences that are worth working with.

*to be continued*

<b>How is my self-esteem?</b>	<b>Agree</b>	<b>Partially</b>	<b>Disagree</b>
1. I find it easy to accept recognition and praise without feeling embarrassed.			
2. I find it easy to make contact with other people.			
3. I reprimand others in a way that allows them to retain their self-esteem.			
4. I do not make others feel guilty.			
5. I do not need to prove that I am better than others.			
6. I am able to enjoy other people's success.			
7. I do not feel inferior to others.			
8. I focus more on other people's strengths than on their weaknesses.			
9. I believe that other people's intentions are good, until proven otherwise.			
10. My past actions seldom make me feel guilty.			
11. I fight for my own ideas and opinions.			
12. I am honest with myself.			
13. I don't feel hurt when other people have different ideas and opinions than I do.			
14. I regard most problems as exciting challenges.			
15. I do not seek gain at the expense of others.			
16. I seldom play the "martyr".			
17. I can be alone with myself – and enjoy it.			

<b>How is my self-esteem?</b>	<b>Agree</b>	<b>Partially</b>	<b>Disagree</b>
18. I don't humiliate others.			
19. I am not afraid to admit my mistakes.			
20. I trust myself and my own judgement.			
21. I seldom fear the future.			
22. I don't get upset about things I can't do anything about.			
23. I do not react inappropriately when I experience defeat or when I am disappointed.			
24. I have a great deal of self-discipline. When I decide to change a habit, I stick to the decision.			
25. I rarely envy others.			
26. I rarely feel jealous.			
27. I rarely feel bored.			
28. I am not afraid of showing my innermost feelings.			
29. I don't blame others for my problems.			
30. I find it easy to recognise and praise others.			
	<b>Number of x's</b>		
	<b>Points</b>		
	<b>Total</b>		