

Self-esteem

We all have ideas and opinions about the kind of person we are. Low self-esteem is when our overall view of ourselves is negative – when we have negative beliefs about who we are as a person. Low self-esteem and hearing distressing voices tend to go hand-in-hand. To find out if low self-esteem is a problem for you, you might find it helpful to complete the Rosenberg Self-Esteem Scale¹ below. Just choose the option that best applies to you, then add up your score.

		Strongly agree	Agree	Disagree	Strongly disagree
1	On the whole I am satisfied with myself	3	2	1	0
2	At times, I think I am no good at all	0	1	2	3

1 *Society and the Adolescent Self-Image*, Rosenberg M., Princeton University Press; 1965

3	I feel that I have a number of good qualities	3	2	1	0
4	I am able to do things as well as most other people	3	2	1	0
5	I feel I do not have much to be proud of	0	1	2	3
6	I certainly feel useless at times	0	1	2	3
7	I feel that I'm a person of worth, at least on an equal plane with others	3	2	1	0
8	I wish I could have more respect for myself	0	1	2	3
9	All in all, I am inclined to feel that I am a failure	0	1	2	3
10	I take a positive attitude towards myself	3	2	1	0
	Sub-total:				
	My total score is:				

Most people score around 22 or 23. If you score lower than this then you might have lower self-esteem than most.