

How much self-esteem do you have?

This questionnaire has two parts, one is about your background and the other about how much you love yourself. Please answer honestly to the questions you feel comfortable with.

* Required

1. PART A: Background 1. Gender *

Mark only one oval.

- Female
- Male
- Prefer not to say

2. 2. Grade (of Junior High School) *

Mark only one oval.

- Grade A
- Grade B
- Grade C

3. 3 Parents' marital status *

Mark only one oval.

- unmarried
- married
- divorced
- single parent family
- prefer not to say

4. 4. Parents' financial situation *

Mark only one oval.

- Very good
- Good
- Mediocre
- Poor
- Prefer not to say

5. 5. Do you have siblings? *

Mark only one oval.

- Yes
- No

6. 6. If so, how many siblings do you have?

Mark only one oval.

- 1
- 2
- 3
- 4
- 5 or more

7. PART B: Self-esteem Circle only one answer 1= disagree 2 = neither agree nor disagree 3 = agree 7. People in my family ask too much of me and I usually push myself to do things just to satisfy them. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. 8. I get easily disappointed when I receive negative comments about my appearance. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. 9. My family members reward me for every achievement I make. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. 10. My self-esteem is not affected by the kind of relationship I have with my family members. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. 11. I wish I could be someone else. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. 12. I am afraid to express my feelings. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. 13. Despite the efforts I make, I feel that I am not doing as well as the others. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. 14. I easily quit when something is difficult. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

15. 15. I would like to instil more confidence in others. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. 16. It is difficult for someone to be my friend. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. 17. I find it difficult to say no to others. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. 18. I get influenced to a great extent by the views of others about me. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. 19. I am afraid to express speak my mind freely even when I am wronged. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. 20. I wish I had more respect for myself. *

Mark only one oval.

1	2	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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