



Rosenberg's Self-Esteem Scale

SCHOOL _____ PRE / POST _____

Date of Birth _____ DATE _____ MALE/FEMALE _____

PLEASE ANSWER THE FOLLOWING QUESTIONS BY CIRCLING THE ANSWER THAT BEST FITS HOW YOU FEEL ABOUT YOURSELF.

ASK A TEACHER IF YOU ARE UNSURE OF ANY OF THE QUESTIONS – THERE ARE NO WRONG ANSWERS!

Score 3210 left to right * reverse score

Most of the time I am happy with myself	Strongly Agree	Agree	Disagree	Strongly Disagree
* Sometimes I think I'm no good at all	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel I have a number of good qualities	Strongly Agree	Agree	Disagree	Strongly Disagree
I am able to do things as well as most other people	Strongly Agree	Agree	Disagree	Strongly Disagree
* I feel I don't have much to be proud of	Strongly Agree	Agree	Disagree	Strongly Disagree
* I feel useless at times	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel I'm as good a person as anybody else	Strongly Agree	Agree	Disagree	Strongly Disagree
* I wish I could like myself more	Strongly Agree	Agree	Disagree	Strongly Disagree
* Basically I think I'm a failure	Strongly Agree	Agree	Disagree	Strongly Disagree
I feel pretty good about myself	Strongly Agree	Agree	Disagree	Strongly Disagree

Thank you

TOTAL _____

Note items with * are reversed scored

H – 25 – 30 A – 15 – 24 L – 0 – 14

Versions of this scale can be obtained with images instead of words for those groups