

Am I Experiencing Low Self-Esteem?

A diagnosis of low self-esteem should only be made by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

I feel like I'm a person of worth, at least as much as others.

Strongly agree

Agree

Disagree

Strongly disagree

On the whole, I am satisfied with myself.

Strongly agree

Agree

Disagree

Strongly disagree

I never feel useless.

Strongly agree

Agree

Disagree

Strongly disagree

I encourage myself kindly when things don't go right.

Strongly agree

Agree

Disagree

Strongly disagree

I have a number of good qualities.

Strongly agree

Agree

Disagree

Strongly disagree

The questions above can't provide a definitive diagnosis, but if you ticked 'Strongly disagree' to a lot of these questions it is an indication that you might be experiencing low self-esteem. You might find it helpful to speak to your general practitioner, or a mental health professional about how you're feeling.