

# Exercise

Professional Version | US English

# Am I Experiencing Low Self-Esteem?



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## Description

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Low self-esteem is characterized by holding oneself in low regard. Although not formally recognized a mental health condition by the DSM or ICD diagnostic systems, low self-esteem may be an aspect of a presenting problem or a consequence of other problems (Fennell, 2004).

*Am I Experiencing Low Self Esteem?* is an indicative screening tool, designed to help clients self-assess whether their experiences might warrant further investigation. It is not intended to give a formal diagnosis or provide a measure of severity.

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## Instructions

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### Suggested Question



*Some people who report similar experiences to yours have low self-esteem. Would you like to try a short quiz that could give us an idea of whether this problem troubles you?*

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## References

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# 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.

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