

Assessing Your Self-Esteem

1.	Are you easily hurt by criticism?		
2.	Are you very shy or overly aggressive?		
3.	Do you try to hide your feelings from others?		
4.	Do you fear close relationships?		
5.	Do you try to blame your mistakes on others?		
6.	Do you find excuses for refusing to change?		
7.	Do you avoid new experiences?		
8.	Do you continually wish you could change your physical appearance?		
9.	Are you too modest about personal successes?		
10.	Are you glad when others fail?		

If you answered most of these questions YES, your self-esteem could probably use improvement.

1.	Do you accept constructive criticism?		
2.	Are you at ease meeting new people?		
3.	Are you open and honest about your feelings?		
4.	Do you value your closest relationships?		
5.	Are you able to laugh at (and learn from) your own mistakes?		
6.	Do you notice and accept changes in yourself as they occur?		
7.	Do you look for and tackle new challenges?		
8.	Are you confident about your physical appearance?		
9.	Do you give yourself credit when credit is due?		
10.	Are you happy for others when they succeed?		

If you answered most of these questions YES, you probably have a healthy opinion of yourself.

Whatever the level of your self-esteem now, you can take positive steps to improve it!!.....