

How Much Do You Know about Self Esteem?

Name _____

Date _____

Period _____

DIRECTIONS: Using your best guess, circle true or false.

- T F** 1. How you feel about yourself affects everything you do in life.
- T F** 2. People respond positively to people who like themselves.
- T F** 3. Most people think they're great.
- T F** 4. A baby learns whether he/she is a worthwhile person or not a worthwhile person by how he/she is treated early in life.
- T F** 5. People who are intelligent or good-looking almost always have high self-esteem.
- T F** 6. If you like yourself, others will like you too.
- T F** 7. If a person is told frequently that he/she is incapable of doing something, that person probably believes that he/she can't do it.
- T F** 8. Once you believe you are worthwhile, you no longer feel the need to "fake it". Instead, you feel comfortable showing others "the real you."
- T F** 9. The feelings others have about us never become our feelings about ourselves.
- T F** 10. People can learn to like themselves even if they think others don't like them.
- T F** 11. It's possible to get everyone to like you
- T F** 12. We become what we think we are.
- T F** 13. You don't have to be perfect to be worthwhile. You only have to be yourself.
- T F** 14. Some people who are afraid of failure don't ever try.
- T F** 15. The only way to truly like yourself is to be perfect at the things that are important to you.
- T F** 16. People try hard to avoid making mistakes, but no one succeeds at it.
- T F** 17. Of the billions of people in the world, there are only a few exactly like you.
- T F** 18. Neither your accomplishments nor your looks add anything to your true, basic worth.

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- T F** 19. Feeling like a rotten person does not prove you are rotten, merely that you think you are.
- T F** 20. Being different from everyone else in the world makes you special.
- T F** 21. People who brag about their accomplishments often have very low self-esteem.
- T F** 22. There is no such thing as a worthless human being.
- T F** 23. Everyone has some things to be proud of.
- T F** 24. Having good feelings about yourself means you're conceited.
(*conceited = think and act like you are better than others.*)
- T F** 25. Each person has talents and abilities just waiting to be discovered.
- T F** 26. "Once a failure, always a failure".
- T F** 27. Your mind is like a tape recorder, taping what people say to you about yourself and then playing it back to you.
- T F** 28. Trying to talk to yourself in a kind way is silly.
- T F** 29. What you say to yourself about your own worth never determines how you feel about yourself.
- T F** 30. If you tell yourself you are going to fail at something, you're more likely to fail.