

## Sorensen Self-Esteem Test

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**Instructions:** Place a check mark next to the number of each statement that you find to be true.

- I generally feel anxious in new social situations where I may not know what is expected of me
- I find it difficult to hear criticism about myself
- I fear being made to look like a fool
- I tend to magnify my mistakes and minimize my successes
- I am very critical of myself and others
- I have periods in which I feel devastated and/or depressed
- I am anxious and fearful much of the time
- When someone mistreats me I think that I must have done something to deserve it
- I have difficulty knowing who to trust and when to trust
- I often feel like I don't know the right thing to do or say
- I am very concerned about my appearance
- I am easily embarrassed
- I think others are very focused on--and critical of--what I say and do
- I fear making a mistake which others might see
- I often feel depressed about things I've said and done, or things I failed to say or do
- I often get defensive and strike back when I perceive I am being criticized
- I have avoided making changes in my life because I was fearful of making a mistake or failing
- I have not accomplished what I am capable of due to fear and avoidance
- I tend to think negatively much of the time
- I have found it difficult to perform adequately or without embarrassment in a physical relationship
- I'm one of the following: The person who reveals too much personal information about myself or the person who seldom reveals personal information
- I often get so anxious that I don't know what to say
- I often procrastinate
- I try to avoid conflict and confrontation
- I felt inferior or inadequate as a child
- I tend to think that I have higher standards than others
- I often feel like I don't know what is expected of me
- I often compare myself to others
- I frequently think negative thoughts about myself and others

- I often feel that others mistreat me and or take advantage of me
- At night I frequently review my day and analyze what I did and what other did
- I often make decisions based on what would please others rather than me
- I often think that others don't respect me
- I often refrain from sharing my opinions, my ideas, and my feelings in groups
- I sometimes lie when I feel that the truth would result in criticism or rejection
- I'm fearful that I will say or do something that will make me look stupid or incompetent
- I do not set goals for the future
- I am easily discouraged
- I am not very aware of my feelings
- I grew up in a dysfunctional home
- I think life is harder for me than for most other people
- I often avoid situations where I think I will be uncomfortable
- I tend to be a perfectionist, needing to look perfect and to do things perfectly
- I feel too embarrassed to eat out alone or to attend movies and other activities by myself
- I often find myself angry or hurt by the behavior and words of others
- I am very fearful of criticism, disapproval, or rejection
- I rely on the opinion of others to make decisions
- At times I get so anxious or upset that I experience most of the following: heart racing or pounding, sweating, tearfulness, blushing, difficulty swallowing or lump in my throat, shaking, poor concentration, dizziness, nausea or diarrhea, butterflies.

<p><b>YOUR SCORE</b></p> <p>_____</p>	<p>If you checked: 00-04 Statements. . . you have good self-esteem</p> <p>05-10 Statements. . . you have fair self-esteem</p> <p>11-18 Statements. . . you have mod-low self-esteem</p> <p>19-50 Statements. . . you have low self-esteem</p>
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It is important to realize that your score on this questionnaire is not a measure of your quality as a person. It does measure how you view yourself. If you have a healthy view of yourself, your score will be low; an unhealthy view, it will be high. Taking action to lower your score is always possible.

If you would like to talk with a counselor about your test or any matters that concern you, ask for a referral from you instructor or contact the Health Department.