

Name _____ Date _____ Period _____

SELF-ESTEEM QUIZ

1. Define self-esteem:
 - a. How I feel about myself.
 - b. How I visualize myself.
 - c. How I esteem myself.
2. Who has the most influence on establishing your self-esteem as a child?
 - a. friends b. siblings c. parents d. teachers e. employers
3. Is it possible to raise your own self-esteem?
NO YES
4. Esteem should be based on
 - a. Money, looks, and clothes
 - b. Career and job.
 - c. Whether or not someone loves or likes you
 - d. Inner qualities of your heart
 - e. Many achievements, accomplishments, and talents
5. Masks are created to
 - a. Substitute for the false self
 - b. Brings others closer to us
 - c. Protects us from injury of humiliation, overprotection, dominance, and neglect
 - d. Gets us what we want
 - e. Makes us more genuine and real
6. How to raise self-esteem
 - a. Believe in your inner qualities
 - b. Be willing to take risks and reveal true self
 - c. Accept weaknesses and learn from mistakes
 - d. Don't believe people who put you down – they have a problem if they have to do that
 - e. All of the above

Decide which of the following are characteristics of low and high self-esteem:

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| _____ 7. Why try, I could never do it. | A. High Self-esteem |
| _____ 8. There are many ways to solve problems | B. Low Self-esteem |
| _____ 9. I'm just as good as anyone else. | |
| _____ 10. I feel powerless | |