

Name _____ Period _____ Date _____

HOW STRONG IS MY SELF-CONCEPT?

Directions: By answering the following statements truthfully, you can get a general idea of how happy you are with yourself. Next to each statement put a number that reflects your feelings.

4- if the statement is totally true 1- if it's hardly true at all
3- if it's mostly true 0- if it's not true at all

(Notice! There is no #2!)

- _____ 1. I wake up excited about each day.
- _____ 2. I'm usually in a good mood.
- _____ 3. Most people like me.
- _____ 4. When I look in the mirror I like what I see.
- _____ 5. The opposite sex finds me attractive.
- _____ 6. I'm intelligent.
- _____ 7. I enjoy school.
- _____ 8. I'm as comfortable alone as I am with other people.
- _____ 9. I feel comfortable about the number of friends I have.
- _____ 10. I have plenty of energy.
- _____ 11. I'm basically an optimistic person.
- _____ 12. I can laugh at my mistakes.
- _____ 13. If I could live my life over there isn't much I'd change.
- _____ 14. I'm happy with my social life.
- _____ 15. I have lots of interests and hobbies.
- _____ 16. I think differently about things this year than last.
- _____ 17. Other people care about me.
- _____ 18. I am one of a kind.
- _____ 19. There's not much I'd change about my appearance.
- _____ 20. I'm a kind and thoughtful person.
- _____ 21. I don't have many regrets about my life.
- _____ 22. The people I care about value my opinions.
- _____ 23. I'm not afraid to express my opinions.
- _____ 24. I set a good example for others to follow.
- _____ 25. I can talk to adults as easily as I can talk to my own age group.
- _____ 26. I can make of my life whatever I want.
- _____ 27. There aren't very many people with whom I'd trade places.
- _____ 28. I've led an interesting life.
- _____ 29. Nothing is too good for me.
- _____ 30. I like where I live.

_____ My total

TEST KEY: HOW STRONG IS MY SELF-CONCEPT?

How did you rate?

- 96 or above:** Congratulations! If you answered the questions truthfully, you have an especially positive self-concept. However, if your score is above 110, you may be kidding yourself. It is uncommon for people to feel totally good about their personality, and you may be overlooking some personal shortcomings. If you are overestimating yourself, you may find others put off by your inflated ego.
- 72-96:** If your score falls within this range, you are probably one of those people who really like themselves. Although you know you are not perfect, you believe in yourself enough to make it through almost any personal problem and keep going.
- 48-71:** You have mixed feelings about yourself. You are aware of some of your strengths, but you may be paying more attention to what you see as your weaknesses. Probably your biggest problem is that you don't try as hard as you might to overcome your shortcomings. You can change if you want to!
- 47 or below:** Maybe you are just going through a low period like we all do occasionally; but if you are always this down on yourself, your self-concept is probably no more accurate than that of a very conceited person. You might talk your feelings over with a friend, classmate, or teacher and see how they perceive you. Maybe you're selling yourself short.