**Self-Worth Quiz**

Write down the number that best indicates how each statement describes you:
1 - Not at all true  2 - Slightly true  3 - Unsure  4 - Mostly true  5 - True

01. I behave the way others expect me to so that they will like me.
02. I don't think I'm on equal grounds with others and have difficulties developing positive relationships.
03. I rarely trust myself nor feel strong enough to handle things on my own.
04. I don't take compliments very well because I think the person isn't being truthful.
05. I am afraid of being judged by others.
06. I often feel inferior to others.
07. I let other people set the standards for my life.
08. I find it hard to forgive myself for making mistakes.
09. I feel a sense of failure when my grades are lower than those of my peers.
10. I wish I was more like other people -- I feel so different.

**What do your scores reveal?**

41-50 You are very low on self-worth. Find out more about some of the assumptions that may have unwittingly caused you to feel poorly about yourself.

31-40 Your fairly low self-worth is holding you back. You may wish to acquaint yourself with some strategies that will prevent your self-worth from plunging further.

21-30 You have a fairly high level of self-worth, but there is room for improvement. Check out some ways to improve your self-worth.

> 20 You have a fairly high level of self-worth, but there is room for improvement. Check out some ways to improve your self-worth.