

Self-Esteem Snapshot

A Free Self-Assessment by Roxanne Bouwer · Life-Therapy
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How This Works

This quick assessment covers five core dimensions of self-esteem. For each statement, rate yourself honestly from 1 (Not at all true) to 5 (Very true). There are no right or wrong answers - just be honest with where you are right now.

At the end, you'll have a snapshot of which areas are strong and which might benefit from some focused attention. Take about 5 minutes - grab a pen and a quiet moment.

1 = Not at all true

2 = Rarely true

3 = Sometimes true

4 = Often true

5 = Very true

Part 1: Self-Worth

- | | | | | | |
|--|---|---|---|---|---|
| 1. I believe I am a worthwhile person, regardless of my achievements | 1 | 2 | 3 | 4 | 5 |
| 2. I feel deserving of love and respect from others | 1 | 2 | 3 | 4 | 5 |
| 3. I accept myself even when I make mistakes | 1 | 2 | 3 | 4 | 5 |
| 4. I don't need others' approval to feel good about myself | 1 | 2 | 3 | 4 | 5 |
| 5. I can acknowledge my strengths without feeling arrogant | 1 | 2 | 3 | 4 | 5 |

Part 1 Total: _____ / 25

Part 2: Self-Trust

- | | | | | | |
|--|---|---|---|---|---|
| 1. I trust my own judgement when making decisions | 1 | 2 | 3 | 4 | 5 |
| 2. I can handle difficult situations when they arise | 1 | 2 | 3 | 4 | 5 |
| 3. I follow through on promises I make to myself | 1 | 2 | 3 | 4 | 5 |
| 4. I don't constantly second-guess my choices | 1 | 2 | 3 | 4 | 5 |
| 5. I believe I am capable of learning new things | 1 | 2 | 3 | 4 | 5 |

Part 2 Total: _____ / 25

Part 3: Boundaries

- | | | | | | |
|--|---|---|---|---|---|
| 1. I can say no without feeling guilty | 1 | 2 | 3 | 4 | 5 |
| 2. I don't take responsibility for other people's emotions | 1 | 2 | 3 | 4 | 5 |

- | | | | | | |
|--|---|---|---|---|---|
| 3. I speak up when something bothers me | 1 | 2 | 3 | 4 | 5 |
| 4. I prioritise my own needs without feeling selfish | 1 | 2 | 3 | 4 | 5 |
| 5. I can handle it when someone is upset with me | 1 | 2 | 3 | 4 | 5 |

Part 3 Total: _____ / 25

Part 4: Inner Dialogue

- | | | | | | |
|--|---|---|---|---|---|
| 1. My self-talk is mostly kind and encouraging | 1 | 2 | 3 | 4 | 5 |
| 2. I don't call myself names or put myself down | 1 | 2 | 3 | 4 | 5 |
| 3. I can accept a compliment without deflecting it | 1 | 2 | 3 | 4 | 5 |
| 4. I don't compare myself unfavourably to others | 1 | 2 | 3 | 4 | 5 |
| 5. When I fail, I treat myself with compassion rather than criticism | 1 | 2 | 3 | 4 | 5 |

Part 4 Total: _____ / 25

Part 5: Resilience

- | | | | | | |
|--|---|---|---|---|---|
| 1. I bounce back from setbacks without spiralling | 1 | 2 | 3 | 4 | 5 |
| 2. Criticism doesn't define how I see myself | 1 | 2 | 3 | 4 | 5 |
| 3. I can sit with uncomfortable emotions without avoiding them | 1 | 2 | 3 | 4 | 5 |
| 4. I don't catastrophise when things go wrong | 1 | 2 | 3 | 4 | 5 |
| 5. I believe that difficult periods are temporary, not permanent | 1 | 2 | 3 | 4 | 5 |

Part 5 Total: _____ / 25

Your Results

Overall Score: _____ / 125

Add up your five section totals. This is your Self-Esteem Snapshot score.

100 – 125

Strong Foundation

You have a solid sense of self-worth. Focus on maintaining and deepening these patterns.

75 – 99

Building Blocks

You have good foundations with specific areas for growth. Targeted work can make a big difference.

50 – 74

Work in Progress

You're aware of areas that need attention — that awareness is powerful. Consider structured support.

25 – 49

Opportunity for Growth

There's significant room to build your self-esteem. This isn't a weakness — it's a starting point.

Which Areas Need Attention?

Look at your five section scores individually. Any section scoring 15 or below deserves focused attention:

Part 1 — Self-Worth

How you value yourself regardless of achievements. Low? Consider the Foundations of Self-Esteem course.

Part 2 — Self-Trust

How much you rely on your own judgement. Low? The Building Self-Trust short course can help.

Part 3 — Boundaries

How well you protect your energy and needs. Low? Explore The Art of Saying No.

Part 4 — Inner Dialogue

How you talk to yourself daily. Low? The Confidence from Within course addresses this directly.

Part 5 — Resilience

How you handle setbacks and criticism. Low? The Emergency Anxiety Toolkit is a great starting point.

Reflection Space

What surprised you about your scores?

Which dimension feels most urgent to work on?

What's one small thing you could do this week to nurture that area?

Ready to Go Deeper?

Book your free 30-minute consultation with Roxanne
life-therapy.co.za/book