

The following questions ask about how much certain things affect your feelings of self-worth (how positive or negative you feel about yourself as a person). For the following questions, please select the number based on how true the statements are for you.

	not at all true for me	a little true for me	somewhat true for me	true for me	very true for me	extremely true for me
1) Whether or not I reach my goals in school strongly affects my feelings of worth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) The way I feel about myself as a person depends a lot on what people in my life think of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) My feelings of self-worth don't change even if my physical appearance changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) The way I feel about myself as a person does not depend on my performance in activities (such as music, dance, sports, or theater)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) My performance in schoolwork does not influence how I feel about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Other people's feedback makes or breaks how I feel about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) How I look physically really affects how worthy I feel as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) My performance in activities (such as music, dance, sports, or theater) does not influence how I feel about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) The way I feel about myself does not depend on how well I do in my schoolwork or on school projects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) If other people's feelings about me change, my feelings of self-worth change as well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) The way I look physically makes or breaks how I feel about myself as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12)						

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|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Whether or not I reach my goals in activities (such as music, dance, sports, or theater) does not affect how worthy I feel            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13) The way I feel about myself depends a lot on how well I do in my schoolwork or on school projects                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14) Other people's approval (or disapproval) strongly affects how worthy I feel   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15) The way I look physically does not affect how I feel about myself   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16) My performance in activities (such as music, dance, sports, or theater) makes or breaks the way I feel about myself               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17) If my performance in schoolwork changes, my feelings of self-worth change as well   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18) Other people's approval (or disapproval) does not affect how worthy I feel  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19) The way I feel about myself as a person depends a lot on my physical appearance   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20) The way I feel about myself depends a lot on my performance in my activities (such as music, dance, sports, or theater)           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21) My feelings of self-worth don't change even if my performance in schoolwork changes   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22) Other people's feedback does not affect how I feel about myself   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23) The way I feel about myself as a person does not depend on my physical appearance   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24) Whether or not I reach my goals in my activities (such as music, dance, sports, or theater) strongly affects my feelings of worth | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25)   |                       |                       |                       |                       |                       |                       |

	My performance in schoolwork makes or breaks the way I feel about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26)	The way I feel about myself does not depend on what people in my life think of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27)	My physical appearance has no effect on how worthy I feel as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28)	If my performance in activities (such as music, dance, sports, or theater) changes, my feelings of self-worth change as well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29)	Whether or not I reach my goals in school has no effect on how worthy I feel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30)	My feelings of self-worth don't change even if other people's feelings about me change	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31)	If my physical appearance changes, my feelings of self-worth change as well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32)	My feelings of self-worth don't change even if my performance in activities (such as music, dance, sports, or theater) changes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rate how important the following is to you on a scale of 1 (not at all) to 4 (extremely important):**

	not at all important	somewhat important	very important	extremely important
33) Schoolwork:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34) People's feelings about you:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35) Physical appearance:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36) Activities (such as music, dance, sports, or theater):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>