1. Genuine self-esteem arises from  
   (A) external approval alone  
   (B) inner confidence and self-acceptance  
   (C) suppressing emotions constantly  
   (D) temporary validation from others
2. When self-worth is tied only to achievements, it can  
   (A) create resilience in disappointments  
   (B) lead to instability and fragile confidence  
   (C) always ensure lasting happiness  
   (D) eliminate fear of failure completely
3. A person with healthy self-concept will  
   (A) rely excessively on others’ judgments  
   (B) maintain a balance between strengths and weaknesses  
   (C) undervalue personal abilities continuously  
   (D) avoid constructive criticism at all costs
4. Excessive dependence on social validation for self-worth results in  
   (A) consistent inner confidence  
   (B) vulnerability to others’ opinions  
   (C) freedom from external influence  
   (D) equilibrium of self-perception
5. Developing self-worth requires  
   (A) recognition of intrinsic value and personal growth  
   (B) complete detachment from reality  
   (C) rejection of all support systems  
   (D) unchanging reliance on praise
6. Low self-esteem is often linked with  
   (A) assertiveness and autonomy  
   (B) self-doubt and fear of rejection  
   (C) resilience under pressure  
   (D) unconditional acceptance of self
7. A strong foundation of self-worth enables individuals to  
   (A) ignore feedback for improvement  
   (B) face challenges with confidence and adaptability  
   (C) depend wholly on others for success  
   (D) avoid opportunities due to fear
8. When people measure their value only by external success, they risk  
   (A) losing inner fulfillment and stability  
   (B) gaining long-term serenity naturally  
   (C) developing unconditional acceptance of life  
   (D) experiencing permanent growth without stress
9. Self-compassion contributes to self-worth because it  
   (A) reduces harsh self-criticism and fosters inner growth  
   (B) denies personal responsibility always  
   (C) discourages resilience and autonomy  
   (D) promotes dependence on external praise
10. A secure sense of self-worth is reflected in  
    (A) comparing oneself endlessly to others  
    (B) finding balance between reality and aspiration  
    (C) fear of personal expression  
    (D) seeking perfection at all costs