

### Study Of Self-Esteem

We are Statistics students working on analysis of self esteem.

*ONLY PEOPLE BETWEEN AGE GROUP 18-25 ARE ALLOWED TO FILL THE FORM.*

We request you to take the Questions seriously and answer with utmost honesty.

Email:

Age:

Gender: Male ☐ Female ☐

Profession: ☐ Student ☐ Worker ☐ Part Time job

1. To do anything, I first need other people's approval.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

2. I feel I am person of worth.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

3. I have trouble taking criticism from other people.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

4. I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

5. I feel of equal value to other people, regardless of my Performance, Looks, IQ, Achievements, Possession (lack of them).

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

6. I see myself as serious and thoughtful.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

7. I tend to avoid challenging tasks.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

8. I give up on works before completing them.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

9. I tend to focus on negative outcome or personal failure more often.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

10. I can usually handle whatever comes my way.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

11. When I make plans I am certain I can make them work.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

12. Failure makes me work harder.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

13. I am as good as I want to be at making new friends .

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

14. I have as many close friends as I would like to have .

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

15. I feel good about how well I get along with others.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

16. I wish my friends liked me more than they do.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

17. I feel good about how much my friends like my ideas.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

18. I feel ok about how much other people like doing things with me.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

19. I like to diet not for looking slim, but to stay healthy and nourished.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

20. Other's opinions of my physical appearance is important to me.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

21. I desperately want to change the way that I look.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

22. I often compare my appearance to others or check my appearance in mirrors.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

23. I spend more time thinking about what I dislike about my appearance, then what I like about it.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

24. I feel happy all the day whenever I am satisfied with my look.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

25. I am hesitant to try new things fearing that I might make a mistake.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

26. I have really high standards for myself and others .

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

27. I don't let myself feel uncomfortable around successful people.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

28. I feel that I have a number of good qualities that I am proud of.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

29. I am comfortable dating a more attractive person than me.

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

30. I can handle myself even without support of others ( family, friends etc.)

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree