

Do You Have Low Self Esteem



ASSESSMENT REPORT

DATE

CHECK ALL THAT APPLY:

- I see myself as unworthy.
- I make negative, hurtful or belittling remarks about myself to myself or others.
- I see myself as unimportant.
- I see myself as unattractive, disgusting or otherwise unappealing.
- I have trouble accepting compliments.
- I avoid trying new things as I am sure to fail.
- I avoid social contact with peers.
- I do things to get attention.
- It is difficult for me to see the positive traits about myself
- I am afraid of being rejected by my peers or even strangers.
- I go out of my way to please others.
- I do things I regret later to be accepted.
- I have trouble saying 'no' to others.
- I fear not being liked by others.
- I am a loser.

Scoring
Count the check marks.
0 - 5

You might have a problem with self esteem.

**6 & above Let's talk about ways to improve your self esteem
Email us at Real Fearless Her to set up a free consultation**