

SELF-ESTEEM SCALE



THE COACHING MASTERS

SELF-ESTEEM SCALE

For each item. make a cross over the rectangle that corresponds to the concept of value that you have for yourself:

	I TOTALLY AGREE	I AGREE (C)	DISAGREE (D)	TOTALLY DISAGREE
1. In general (although), I am satisfied with myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Sometimes I think I'm no good (disqualified (a) or inferior in relation to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel like I have a lot (a number) of good qualities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am able to do things as well as most other people (since you taught me).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I don't feel satisfaction in the things I've accomplished. I feel like I don't have much to be proud of.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Sometimes I really feel useless (unable to get things done)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I feel like I'm a person of worth at least on an equal plane (on the same level) the other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I don't value myself properly. I would like to have more respect for myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Almost always I'm inclined to think that I am a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I have a positive attitude (Positive thoughts, actions and feelings) in relation to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SELF-ESTEEM SCALE

SELF-ESTEEM SCALE (Rosenberg, 1965)

Adaptation made by José Pedro Leitão Ferreira (2001), Faculty of Sport Sciences and Physical Education of the University de Coimbra, based on the Rosenberg Self-Esteem Scale developed by Morris Rosenberg (1965).

INTERPRETATION

For statements 1, 3, 4, 7 and 10:

PUNCTUATION

4 - I TOTALLY AGREE

3 - AGREE

2 - DISAGREE

1 - TOTALLY DISAGREE

For statements 2, 5, 6, 8 and 9:

PUNCTUATION

1 - I TOTALLY AGREE

2 - AGREE

3 - DISAGREE

4 - TOTALLY DISAGREE

From 30 to 40 points: High self-esteem (Considered normal)

From 26 to 29 points: Average self-esteem (Beware of possible problems with your self-esteem)

Less than 25 points: Low self-esteem (There are significant issues with your self-esteem)