

SELF ESTEEM

What is Self Esteem?

When we talk about how much we respect ourselves, how much we love ourselves, how much we value about ourselves, we are talking about "self esteem". A person who loves and respects herself or himself has to have high self esteem. A person who thinks he or she is not deserving of love has low self esteem.

Most of us have self esteem that changes from time to time. Sometimes it is high, we feel good about ourselves and who we are. Then at other times we may feel really bad about who we are, so we have low self esteem at those times. Those changes can cause problems for us, especially if they happen quickly.



WONDERFUL ME!

1. Name _____
2. I was born in _____
3. I have lived in this town/city for _____
4. I have also lived in the following states and/or countries _____

5. I have _____ sisters and _____ brothers
6. I live with _____ both parents _____ my father _____ my mother
_____ a relative _____ step-parent _____ foster parents
7. My favorite subjects in school are _____
8. I like to read books about _____
9. My special interests, activities, hobbies are _____

10. The one thing I enjoy doing more than anything else in the whole wide world is

11. If I were going to set one goal for myself this year, it would be _____

12. My most valuable material possession is _____

13. My most valuable non-material possession is _____

RAISING YOUR SELF ESTEEM

Eleanor Roosevelt, who rose above massive odds as a child, once quipped, "No one can make you feel inferior without your consent." You are often your own worst enemy--but you have the power to change all that.

If you think that your self-esteem could use a boost, try some of the following:

1. Identify your needs and strive to fulfill them. You have probably never sat down and actually listed out your needs--but do it now. You will be surprised at how many there are. You will be equally surprised at how easily you can fulfill them. Once you realize that you have taken control of meeting your own needs, you will gain a sense of self-value as you become an important person in your life.
2. List your goals. Write each one down in as much detail as you can. Then look at them with an objective eye. Is each one realistic? Can you, with your best talents and abilities, hope to achieve each one? If you have set unrealistic or impossible goals for yourself, eliminate or revise them. Nothing can be more defeating than failing to achieve what you set out to do.
3. Figure out who you are in relation to others. You need to establish your own sense of worth and identity. You need to do things because you want to--not because others want you to. You are as good as the next person, and you have just as much right to pursue your own course and fill your own needs.
4. Dwell on your successes--not your failures. Use your memory and your imagination to relive your past. Consider your failures in a new light: what can you learn from them? How can you avoid making the same mistake? Then forget about them. Dwell instead on your successes, those personal triumphs, those moments of progress and courage. Look forward to your future in light of the successes that you have had in the past.
5. While you can use the past to bolster your self-image, do not be chained to the past. You can do nothing to change it. Instead, concentrate on the present and the future.
6. Avoid self-pity like the plague that it is--it is the most destructive emotion of all. Come to a new understanding that you are really distinct from what you do. No matter how many mistakes you have made, no matter how messed up things have been, you are worthwhile, and you do not have to fail.
7. Act as you want to be. Sounds oversimplified, but it works. If you act confident and self-assured, you will be.
8. Become a little child again. React to life with absorption, curiosity, and concentration. Begin to see things through a child's eyes, and allow yourself to experience new wonder at all around you.

9. Break out of the rut by trying something new. Take a class in a new field, try a new food, meet a new person. Try not to always stick with the safe and secure; develop a healthy curiosity in the unknown.
10. Be honest and direct in your dealings with others. It is a temptation to put on pretenses and play games with people who are close to you--but doing so compromises your integrity and sincerity.
11. Trust your own feelings. Do not worry about what others tell you to feel, and do not worry if your feelings are different than the popular ones. Your feelings are valid, and they are worthy; pay attention, and learn their value. Be prepared to be unpopular if your views do not coincide with the current tide--and remember that the world's greatest people were often the dissenters.
12. Take on responsibility--it enables you to take control of your life and bolsters self-esteem.
13. Make commitments. When you decide what you want to do, work hard to achieve it.

CHARACTERISTICS OF A SUCCESSFUL PERSON-

1. They accept themselves as they are and yet they want to improve.
2. They are risk takers.
3. They set goals.
4. They know their strengths and weaknesses.
5. They look at the positive side of life.
6. They see opportunities not roadblocks.
7. They accept failures as lessons.
8. They know how to play.

POSITIVE TRAITS

ENERGETIC	KNOWLEDGEABLE	ENTHUSIASTIC
COMMUNICATOR	UNDERSTANDING	GOAL-DIRECTED
CREATIVE	TALENTED	CONFIDENT
FAIR	CARING	MOTIVATED
DISCIPLINED	DETERMINED	POSITIVE
LOYAL	HAPPY	HONEST
ORGANIZED	HEALTHY	FAITHFUL
INTELLIGENT	CONSISTENT	SENSITIVE
GOOD	TRUTHFUL	LIKEABLE
CAPABLE	FRIENDLY	LOVING
SINCERE	HELPFUL	HOPEFUL
FLEXIBLE	INDEPENDENT	ETHICAL
PATIENT	LOVED	POLITE
ASSERTIVE	COOPERATIVE	TRUSTWORTHY
TRUSTING	KIND	CONSIDERATE
APPRECIATIVE	SELF-CONTROLLED	PERSISTENT
FORGIVING	HARD-WORKING	SUPPORTIVE
HUMOROUS	ELEGANT	MOTIVATING
INSPIRATIONAL	DEDICATED	WARM
GROWING	UNIQUE	LOVABLE

SELF-ESTEEM EVALUATION

This Self-Esteem Evaluation measures your current level of Self-Esteem, your Self-Esteem Index (SEI), and serves as a gauge of your progress in achieving SOUND Self-Esteem. It is important to clearly understand all statements and be completely honest in your scoring if you are to obtain a valid SEI. It is essential that you answer these statements according to how you actually FEEL, or BEHAVE, instead of how you THINK you "should" act or behave.

Score as follows (each score shows how true OR the amount of time you believe that statement is true for YOU):

- 0 = not at all true for me
- 1 = somewhat true OR true only part of the time
- 2 = fairly true OR true about half of the time
- 3 = mainly true OR true most of the time
- 4 = true all of the time

SCORE

SELF-ESTEEM STATEMENTS

- | | | |
|-----|----|--|
| ___ | 1 | I don't feel anyone else is better than I am. |
| ___ | 2 | I am free of shame, blame, and guilt. |
| ___ | 3 | I am a happy, carefree person. |
| ___ | 4 | I have no need to prove I am as good as or better than others. |
| ___ | 5 | I do not have a strong need for people's attention and approval. |
| ___ | 6 | Losing does not upset me or make me feel "less than others." |
| ___ | 7 | I feel warm and friendly toward myself. |
| ___ | 8 | I do not feel others are better than I am because they can do things better, have more money, or are more popular. |
| ___ | 9 | I am at ease with strangers and make friends easily. |
| ___ | 10 | I speak up for my own ideas, likes, and dislikes. |
| ___ | 11 | I am not hurt by others' opinions or attitudes. |
| ___ | 12 | I do not need praise to feel good about myself. |
| ___ | 13 | I feel good about others' good luck and winning. |
| ___ | 14 | I do not find fault with my family, friends or others. |
| ___ | 15 | I do not feel I must always please others. |
| ___ | 16 | I am open and honest and not afraid of letting people see my real self. |
| ___ | 17 | I am friendly, thoughtful and generous towards others. |
| ___ | 18 | I do not blame others for my problems and mistakes. |
| ___ | 19 | I enjoy being alone with myself. |
| ___ | 20 | I accept compliments and gifts without feeling uncomfortable or needing to give something in return. |
| ___ | 21 | I admit my mistakes and defeats without feeling ashamed or "less than." |
| ___ | 22 | I feel no need to defend what I think, say, or do. |
| ___ | 23 | I do not need others to agree with me or tell me I'm right. |
| ___ | 24 | I do not brag about myself, what I have done, or what my family has or does. |
| ___ | 25 | I do not feel "put down" when criticized by my friends or others. |

YOUR SELF-ESTEEM INDEX (sum of all scores)

TO FIND YOUR SELF-ESTEEM INDEX (SEI), simply add scores of all Self-Esteem Statements. The possible range of your Self-Esteem Index is from 0 to 100. Sound Self-Esteem is indicated by an SEI of 95 or more. Experience shows that any score under 90 is a disadvantage, a score of 75 or less is a serious handicap, and an SEI of 50 or less indicates a really crippling lack of Self-Esteem.

Life-Style Contract

- A. The habit I would like to change is _____
- B. I know with effort I can change this behavior because _____
- C. The best resources that can provide me with information on changing this habit are _____ (classes, books, people, organizations, etc.)
- D. Some activities that can help me change this habit are (Write down as many as you can think of. Be creative!) _____
- E. I know I will have changed my behavior when _____
- F. I would like to change my behavior by _____ (Date)
- G. A small reward I will give myself for making progress toward behavior change is _____
- H. A big reward I will give myself when I have changed my behavior is _____
- I. I will ask _____ to act as my helper as I work toward changing my behavior.
- J. To help me change this habit I will ask my helper to _____
- K. I will be in contact with my helper (state how often) _____
- L. Restate your personal contract. I _____ (your name) care about my health and life-style. I agree to change _____ (habit) by _____ (date). The proof that I have reached my goal will be _____

Signature

Date

Complete sentence of each of the following phrases. Write your answer on the line, filling in the blank with the first thing that pops into your mind.

1. More than anything, I want _____
2. My life is _____
3. I hope I can _____
4. I have achieved _____
5. My highest aspiration _____
6. The most hopeless thing _____
7. The whole purpose of my life _____
8. I get bored _____
9. Death is _____
10. I am accomplishing _____
11. Illness and suffering can be _____
12. To me all life is _____
13. The thought of suicide _____

Write a paragraph describing in detail your aims, ambitions, goals in life.
How much progress are you making in achieving them?

Ways to Improve Your Self-Confidence

What is self-confidence?

Self-confidence is confidence in one's own

and is essential to one's inner well-being.

Many people are lacking in self-confidence or need to boost their self-confidence. If you are one of these people, practice these eight steps to improved self-confidence.

Eight Steps to Improved Self-Confidence:

- 1. Focus on your strengths.**
- 2. Reward yourself when you have done well.**
- 3. Set realistic goals.**
- 4. Work toward your goals in steps.**
- 5. Get involved in activities.**
- 6. Don't try to please everyone.**
- 7. Seek out people who respect and like you.**
- 8. If you need professional help, get it.**

Thought to Remember:

"Believe in yourself; you can do it!"

POSITIVE AFFIRMATIONS

JUST FOR TODAY I WILL RESPECT MY OWN AND OTHERS' BOUNDARIES.

JUST FOR TODAY I WILL BE VULNERABLE WITH SOMEONE I TRUST.

JUST FOR TODAY I WILL TAKE ONE COMPLIMENT AND HOLD IT IN MY HEART FOR MORE THAN JUST A FLEETING MOMENT. I WILL LET IT NURTURE ME.

JUST FOR TODAY I WILL ACT IN A WAY THAT I WOULD ADMIRE IN SOMEONE ELSE.

I AM A CHILD OF GOD.

I AM A PRECIOUS PERSON.

I AM A WORTHWHILE PERSON.

I AM BEAUTIFUL INSIDE AND OUTSIDE.

I LOVE MYSELF UNCONDITIONALLY.

I CAN ALLOW MYSELF AMPLE LEISURE TIME WITHOUT FEELING GUILTY.

I DESERVE TO BE LOVED BY MYSELF AND OTHERS.

I AM LOVED BECAUSE I DESERVE LOVE.

I AM A CHILD OF GOD AND I DESERVE LOVE, PEACE, PROSPERITY, AND SERENITY.

I FORGIVE MYSELF FOR HURTING MYSELF AND OTHERS.

I FORGIVE MYSELF FOR LETTING OTHERS HURT ME.

I FORGIVE MYSELF FOR ACCEPTING SEX WHEN I WANTED LOVE.

I AM WILLING TO ACCEPT LOVE.

I AM NOT ALONE, I AM ONE WITH GOD AND THE UNIVERSE.

I AM WHOLE AND GOOD.

I AM CAPABLE OF CHANGING.

THE PAIN THAT I MIGHT FEEL BY REMEMBERING CAN'T BE ANY WORSE THAN THE PAIN I FEEL BY KNOWING AND NOT REMEMBERING.

I AM ENOUGH.

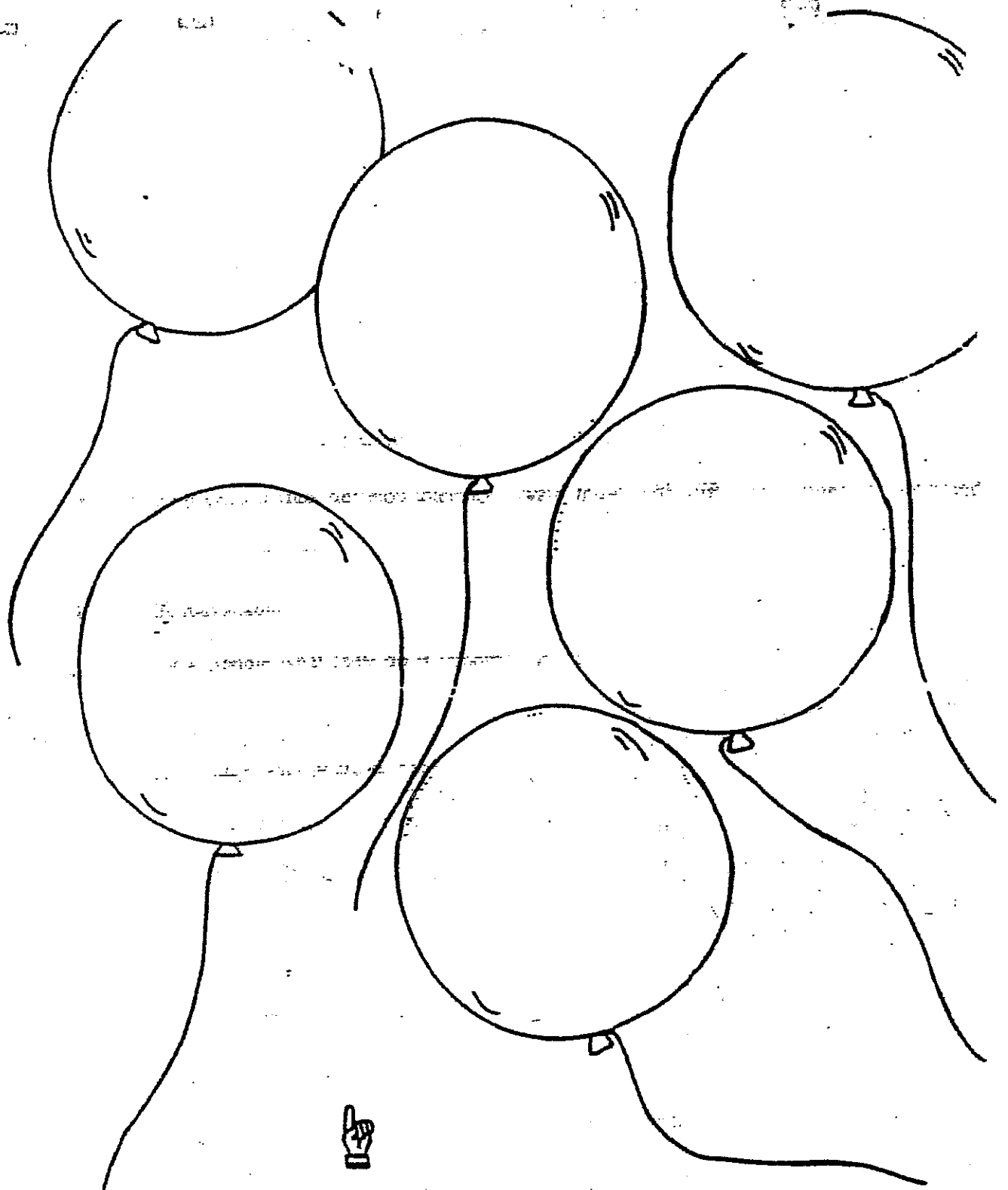
these matters every day, until they become part of your thinking. Do not memorize them. Think straight and you will feel great.

1. I am a unique and precious human being, always doing the best I can, always growing in wisdom and in love.
2. I am in charge of my own life.
3. My #1 responsibility is my own growth and well-being. The better I am to me, the better I will be to others.
4. I refuse to be put down by the attitudes or opinions of others.
5. I make my own decisions and assume the responsibility for any mistakes. However, I refuse to feel shame or guilt because of them.
6. I am not my actions. I am the actor. My actions may be good or bad. That doesn't make me good or bad.
7. I am not free as to the things that will happen to me. But I am 100% free as to the attitude I have towards these things. My personal well being or my suffering depend upon my attitudes.
8. I do not have to prove myself to anyone. I need only to express myself as honestly and effectively as I am capable.
9. I am free of animosity or resentment.
10. My emotional well being is dependent primarily on how I love me.
11. I am kind and gentle towards me.
12. I live a day at a time, do first things first.
13. I am patient and serene for I have the rest of my life in which to grow.
14. Every experience I have in life (even the unpleasant ones) contributes to my learning and growth.
15. No one in the world is more important than I as a person.
16. My mistakes and non-successes do not make me a louse, a crumb or whatever. They only prove that I am imperfect, that is, "human". And there's nothing wrong with being human.
17. Once I have reconciled with God and my neighbor, I am totally free of guilt feelings or remorse.

**HANG THIS LIST ON YOUR REFRIGERATOR OR
ANY PLACE IN YOUR HOME SO THAT YOU WILL NOT FORGET TO DO
YOUR HAPPY HOMEWORK**

HELPFUL SELF-ESTEEM-BUILDING STATEMENTS

1. I am not "good" or "bad", "competent" or "incompetent". I am simply a human—no better or worse than my fellow human beings.
2. Humans are by NATURE mistake-makers. I will never avoid making mistakes, but I can refuse to put myself down for them.
3. I am a human being who will at times act in helpful ways; at times in hurtful ways. I will at times act competently; at times incompetently. But I will always be the same person; I am NOT what I do.
4. No one is a total failure. Failing at a task simply means that I am human. I will learn from my failures, not put myself down for them.
5. At times my actions may be unfortunate, but they do not make me "rotten" or "bad".
6. I do not NEED the respect and approval of all important people in my life even though I may strongly prefer having it.
7. It is impossible to act in such a manner that those around you will never get upset. If someone is upset with me, it does NOT necessarily mean I have done something wrong. The cause for anger in human relationships can vary. If my action led to anger, I regret it but I am not "bad" because of it.
8. Some people will like you, and some will not. That's life. I am not "unlikable" if a person I respect dislikes me.



Healthy Helium

Have you ever taken time to celebrate you? Have you ever looked in the mirror and told yourself you were created good and are of worth and importance? In each of the balloons, fill in ways that you see yourself as a good and worthwhile person. Along each string, write how that message makes a difference in the world!

TIPS FOR BUILDING SELF ESTEEM

1. Reward your friends. Give praise, recognition, a special privilege or added responsibility for a job well done.
2. Take peoples' emotions, ideas, and feelings seriously.
3. Define your limits and rules clearly.
4. Be a good role model.
5. Have reasonable expectations for yourself.
6. Help your friends develop tolerance toward those with different values, backgrounds, and norms.
7. Accept responsibility.
8. Be reasonable.
9. Show people what they do is important to you.
10. Express your values, but go beyond "Do this" or "I want you to do that."
11. Spend time with positive people.
12. Discuss problems without placing blame - or commenting on a person's character.
13. Use phrases that build self esteem.
14. Tell people how much you care about them.

The Daily Ten for Success and Happiness Check-Off

By practicing these daily, I can make a difference in my world!

Week of _____

- Think positively.
- Smile and be enthusiastic.
- Set goals and work toward them.
- Accept responsibility.
- Be interested in and respect others.
- Practice listening skills and eye contact.
- Exercise and eat wisely.
- Be well groomed and appropriately dressed.
- Use time and money management techniques.
- Apply faith and believe.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Evaluation:

I did well in these areas:

I need improvement in these areas:

I have noticed these differences in my world:

Thought to Remember:

When the person is right, his or her world is right!

SELF-ESTEEM EXERCISE 1

What are some of the situations that make you feel inferior or low on self-esteem? Is it when you feel criticized? Unloved? Rejected? Unsuccessful? Please describe several upsetting situations here:

1. _____

2. _____

3. _____

What kinds of negative emotions do you have in these situations? Do you feel sad? Inferior? Jealous? Angry? Put down? Rejected? Describe your negative feelings here:

1. _____
2. _____
3. _____
4. _____
5. _____

What are you thinking in these situations? What do you tell yourself? Describe your Negative Thoughts here:

1. _____
2. _____
3. _____
4. _____
5. _____

What are the consequences of low self-esteem? How does it affect your productivity and your personal relationships?

Can you think of someone you knew or admired who you felt was especially worthwhile? Who was that person? What was it that made him or her worthwhile? Describe that person here:

SELF-ESTEEM VS. ARROGANCE

What are the consequences of high self-esteem? Can a person have too much self-esteem? What's the difference between self-esteem and arrogance? Write down your ideas here (for the answer see page 189):

SELF-ESTEEM VS. SELF-CONFIDENCE

What are the differences between self-esteem and self-confidence? Are they the same or different? Can you have self-esteem without having self-confidence? Write down your ideas here (for the answer see page 189):

SELF-ESTEEM EXERCISE 2

On the following pages you will find two Self-esteem Cost-Benefit Analyses. Choose one of them and then list the advantages and disadvantages of thinking in the way indicated. Ask yourself, "How will it help me, and how will it hurt me, to believe this?"

Let's suppose you choose the second one, in which you base your self-esteem on popularity. Do not list the advantages and disadvantages of *being* popular. Instead, list the advantages and disadvantages of basing your self-esteem on how popular you are. You can see this CBA filled out on page 190 once you have completed your own.

When you have completed your lists, balance the advantages against the disadvantages on a 100-point scale and write the numbers in the circles at the bottom. For example, if the advantages slightly outweigh the disadvantages, you might put 60 in the left-hand circle and 40 in the right-hand circle. In contrast, if the disadvantages are significantly stronger, you might put 30 in the left-hand circle and 70 in the right-hand circle.

If you decide that it's not to your advantage to measure your self-esteem in this way, then what new attitude or belief could you substitute for this one? Put your revised attitude here:

SELF-ESTEEM COST-BENEFIT ANALYSIS*

The Basis of Your Feelings of Self-esteem: I am a worthwhile person (if I am successful and achieve something worthwhile).

Advantages of Believing This	Disadvantages of Believing This

AFFIRMATIONS FOR BUILDING SELF-ESTEEM

1. I am a valuable and important person, and I am worthy of the respect of others.
2. I am optimistic about life, I look forward to and enjoy new challenges to my awareness.
3. I am my own expert, and I allow others the same privilege.
4. I express my ideas easily, and I know others respect my point of view.
5. I am aware of my value system and confident of the decisions I make based on my current awareness.
6. I have a positive expectancy of reaching my goals, and I bounce back quickly from temporary setbacks.
7. I have pride in my past performance and a positive expectancy of the future.
8. I accept compliments easily and share my successes with others who have contributed to them.
9. I feel warm and loving toward myself, for I am a unique and precious being, ever doing the best my awareness permits, ever growing in wisdom and love.
10. I am actively in charge of my life and direct it in constructive channels. My primary responsibility is for my own growth and well-being (the better I feel about myself, the more willing and able I am to help others).
11. I am my own authority (and I am not affected by negative opinions or attitudes of others).
12. It is not what happens to me, but how I handle it, that determines my emotional well-being.
13. I am a success to the degree that I feel warm and loving toward myself.
14. No one in the entire world is more or less worthy, more or less important, than me.
15. I count my blessings and rejoice in my growing awareness.
16. I am an action person, I do first things first and one thing at a time.
17. I am warm and friendly toward all I contact; I treat everyone with consideration and respect.
18. I am kind, compassionate and gentle with myself.

THIS PROCEDURE IS NOT A NEW ONE. YOU HAVE BEEN AFFIRMING ALL OF YOUR LIFE AND YOU WILL CONTINUE TO DO SO THE REST OF YOUR LIFE.

OUR PROJECT IS TO DELIBERATELY CONTROL THE INPUT OF INFORMATION AND THUS DIRECT THE CHANGES WE INTEND TO MAKE IN OUR PERFORMANCE.

WORKSHEET

IMPROVING YOUR SELF-ESTEEM

I. Positives List

A. Write down five things you like about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

B. Ask the person next to you to tell you one thing he or she likes about you. Write it down. (this is to be done in class.)

1. _____

II. Reversing negative self-statements

A. List three negative self-statements. (things you do not like about yourself)

1. _____
2. _____
3. _____

B. Write three sentences describing how you will change these negative self-statements into positive ones.

1. _____
2. _____
3. _____

C. Tell the person next to you one of your positive self-statements.

III. Extending your pleasure

A. Choose one small activity you enjoy or believe you would enjoy and briefly write it down:

B. Write one sentence describing the experience for yourself; how you feel or will feel doing it:

Activity E
Chapter 1

Name _____
Date _____ Period _____

Your self-concept is the way you think and feel about yourself. The following exercise will help you to evaluate your self-concept. As you read each of the statements, place a check in the column that shows how often the statement describes your feelings: never, sometimes, most of the time, or all of the time. (There are no right or wrong answers.)

	Never	Sometimes	Most of the time	All of the time
_____ 1. I am uncomfortable when I meet new people.				
_____ 2. I'm glad I'm who I am.				
_____ 3. I enjoy daydreaming.				
_____ 4. I'm happy when my friends achieve what they want to achieve.				
_____ 5. I'm not satisfied with the way I look.				
_____ 6. I find it easy to make decisions.				
_____ 7. My classmates pick on me at school.				
_____ 8. I finish anything I start.				
_____ 9. When someone is wrong, I feel I must tell them.				
_____ 10. I am truthful and dependable.				
_____ 11. I am embarrassed when I'm given a compliment.				
_____ 12. I'm not afraid to try something new even if there is a possibility that I might not succeed.				
_____ 13. The expectations my parents have of me are too high.				
_____ 14. I choose my friends regardless of creed, race, color, or economic level.				
_____ 15. I like to talk about other people.				
_____ 16. I can handle new situations.				
_____ 17. When someone embarrasses me, I try to get even with them.				
_____ 18. I can be alone without feeling lonely or depressed.				
_____ 19. I like to tell others about my possessions and accomplishments.				
_____ 20. I feel confident even when others disagree with me.				

On the blank line before each statement, place a zero for each time you checked "Never." Place a 1 for each statement checked "Sometimes," a 2 for "Most of the time," and a 3 for "All of the time." Add the points for the odd numbered statements and write the total in the blank below. Then add the points for the even numbered statements and write the total in the blank below.

- _____ A. Total of odd numbered statements.
_____ B. Total of even numbered statements.

If the number in "B" is greater than the number in "A," you have a positive self-concept. If "A" is greater than "B," your self-concept may be negative.

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