



INDEX OF SELF-ESTEEM (ISE)

Name: _____ Today's Date: _____

Context: _____

This questionnaire is designed to measure how you see yourself. It is not a test, so there are no right or wrong answers. Please answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

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1. ____ I feel that people would not like me if they really knew me well.
 2. ____ I feel that others get along much better than I do.
 3. ____ I feel that I am a beautiful person.
 4. ____ When I am with others I feel they are glad I am with them.
 5. ____ I feel that people really like to talk with me.
 6. ____ I feel that I am a very competent person.
 7. ____ I think I make a good impression on others.
 8. ____ I feel that I need more self-confidence.
 9. ____ When I am with strangers I am very nervous.
 10. ____ I think that I am a dull person.
 11. ____ I feel ugly.
 12. ____ I feel that others have more fun than I do.
 13. ____ I feel that I bore people.
 14. ____ I think my friends find me interesting.
 15. ____ I think I have a good sense of humor.
 16. ____ I feel very self-conscious when I am with strangers.
 17. ____ I feel that if I could be more like other people I would have it made.
 18. ____ I feel that people have a good time when they are with me.
 19. ____ I feel like a wallflower when I go out.
 20. ____ I feel I get pushed around more than others.
 21. ____ I think I am a rather nice person.
 22. ____ I feel that people really like me very much.
 23. ____ I feel that I am a likeable person.
 24. ____ I am afraid I will appear foolish to others.
 25. ____ My friends think very highly of me.