**Self-esteem Quiz**

Please complete the below quiz honestly, ticking those that apply more than half of the time:

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|  | **Tick those that apply** |
| I don't believe I have much value |  |
| I sometimes feel like a bit of a failure |  |
| I don't like myself |  |
| I have experienced significant rejection in my life |  |
| I feel unattractive |  |
| I put my self down in my head, I'm very critical of myself |  |
| I like to be in control of everything |  |
| Other people don't tend to like or notice me |  |
| I regularly have negative thoughts about myself |  |
| I have a history of recurrent low self esteem |  |
| I focus on the mistakes I make not the things that go well |  |
| I have bouts of unexplained sadness, I cry a lot |  |
| I find it hard to believe people love me |  |
| I feel unlovable |  |
| I am reluctant to put myself forward for things, as I'm afraid Il fail |  |
| I find it difficult to accept compliments from other people |  |
| I tend to be a perfectionist |  |
| I hate being criticised, it takes me ages to recover |  |
| I need lots of reassurance from those around me |  |
| I sometimes get in situations where people take advantage of me |  |