Self-Esteem & Body Image Questionnaire

The following questionnaire is for you to fill out privately. For each question, circle the number that most closely reflects how you feel. For instance, for the first question, if your answer is “usually,” you would circle 5, and if you answer “never,” you’d circle 0. If your feelings are somewhere between “usually” and “never,” circle the number that indicates how close you feel to one extreme or the other.

Pay attention to the answer scale for each question. Sometimes 5 means usually, and sometimes 5 means never.

When you wake up in the morning, do you feel happy, loved, and loveable?

5 4 3 2 1

Usually Sometimes Never

Do you wish that you had never been born?

5 4 3 2 1

Never Sometimes Usually

Do you feel as though you matter, that what you say and do impacts on the world?

5 4 3 2 1

Usually Sometimes Never

Do you feel that the people in your community recognize who you are?

5 4 3 2 1

Usually Sometimes Never

Do you find it easy to make new friends?

5 4 3 2 1

Usually Sometimes Never

Do you wish that your family would be more supportive of you?

5 4 3 2 1

Never Sometimes Usually

Do you feel that your family does not respect your individuality?

5 4 3 2 1

Never Sometimes Usually

Do you feel ashamed of aspects of your personality that set you apart from the crowd?

5 4 3 2 1

Never Sometimes Usually

Do you feel as though you are special?

5 4 3 2 1

Usually Sometimes Never

Do you find it easy to make decisions?

5 4 3 2 1

Usually Sometimes Never

Do you feel that life is futile? Do you say to yourself, “why bother”?

5 4 3 2 1

Never Sometimes Usually

Do you speak out when you feel that something is wrong?

5 4 3 2 1

Usually Sometimes Never

Can you name two or more people in your life whom you admire?

5 4 3 2 1

Usually Sometimes Never

Are you inspired to try a new thing when you see someone else doing it?

5 4 3 2 1

Usually Sometimes Never

Do you say to yourself, “I could never be as cool/smart/talented as (fill in the blank with someone whom you admire)”?

5 4 3 2 1

Never Sometimes Usually

Do you think you are a worthless individual?

5 4 3 2 1

Never Sometimes Usually

Do you think of yourself as a competent person who performs most tasks well?

5 4 3 2 1

Usually Sometimes Never

Do you feel that you have made a positive impact on others’ lives?

5 4 3 2 1

Usually Sometimes Never

Do you look in the mirror and feel satisfied with what you see?

5 4 3 2 1

Usually Sometimes Never

Do you feel clumsy and awkward in your body?

5 4 3 2 1

Never Sometimes Usually

Do you fantasize about changing some aspect of your body?

5 4 3 2 1

Never Sometimes Usually

Do you feel that most of your friends and peers are more physically attractive than yourself?

5 4 3 2 1

Never Sometimes Usually

Do you feel especially pleased with your looks and appearance?

5 4 3 2 1

Usually Sometimes Never

Do you feel as though people are turned off by you because of some aspect of your physical appearance?

5 4 3 2 1

Never Sometimes Usually

Do you feel attractive to the opposite sex?

5 4 3 2 1

Usually Sometimes Never

Add up all of the numbers that you circled. The higher your score, the better your sense of self-esteem and body image. There is no “failed” score in this questionnaire, and the answers you gave today may not be the same you’d give tomorrow. If you feel that you had too many 0 or 1 responses, you might try taking it again in a few days, to see if you were being honest about yourself. Regardless of how you score, take another look at your answers. They might help you to recognize some weak spots in your self-esteem and body image. You might want to talk to a teacher or counselor about your feelings about your body and yourself.

This comes from *Beyond the Looking Glass: Self-Esteem and Body Image*