

The Self-Esteem Quiz

Take a moment to tick (✓) which of the following are applicable to you.

Do you suffer from:

- Emotional high's and low's?
- Depression?
- Anxiety?
- Panic attacks?
- Fear?
- Obsessive compulsive problems?
- Addictions (like drugs, alcohol, cigarettes, food, caffeine, exercise, sex, smart phone/tablet and work)?

Do you:

- Feel upset or depressed when things go wrong, you fail or lose?
- Feel overly good when you do well, win or succeed?
- Feel out of control in some situations?
- Need to control others or what is going on around you?
- React in a negative way to being teased or tormented?
- Hate feeling rejected?
- Hate failing?
- Place a lot of pressure on yourself to perform?
- Hate being lied to?
- Have a lack of trust?
- Feel not good enough?
- Feel you are a loser?
- Feel others are superior to you?
- Constantly feel stressed?
- Feel nobody loves or likes you?
- Have a need to be right?
- Need to get your own way?
- Stew or dwell on things?
- Have a bad temper?
- Worry what others think of you?
- Dislike your body or who you are?
- Degrade others?
- Always try and please others?
- Worry what others think?
- Want others to do what pleases you?

Are You:

- In a bad relationship and feel you can't move on?
 - A poor loser?
 - A perfectionist?
 - Stubborn?
 - Shy?
 - Jealous or possessive?
 - Egotistical – reckon you are the best?
 - Always striving to beat others?
 - A people pleaser?
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- Are people not respecting you?
 - Are things always going wrong in your life?
 - Have you experienced a bad relationship break-up and are still struggling?
 - Do you trust yourself to make the best decisions?
 - Do you constantly attract the wrong person in a relationship?

Emotionally, do you feel, or are you prone to feeling:

- | | |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Rejected? | <input type="checkbox"/> Insecure? |
| <input type="checkbox"/> Lonely? | <input type="checkbox"/> Hateful? |
| <input type="checkbox"/> Revengeful? | <input type="checkbox"/> Guilty? |
| <input type="checkbox"/> Upset? | <input type="checkbox"/> Ungrateful? |
| <input type="checkbox"/> Angry? | <input type="checkbox"/> Stubborn? |
| <input type="checkbox"/> Frustrated? | <input type="checkbox"/> Unwanted? |
| <input type="checkbox"/> Critical? | |

There are no right or wrong answers to this exercise.

Lots of ticks still means you are a good person. The aim of this exercise is simply to help you identify which areas of 'you' need to be improved.

This is a starting point to improve who you are.

It is up to you to decide whether a trait you exhibit is a problem or it is not. If it is a problem, if it is working against you, it may be time to fix it.

If you would like some help to do that, consider:

Empower Yourself – A Practical Guide to Raising Your Self Esteem - Book

You Have The Power – Book

Live Your Life Potential – 12 Module on-line video Program.

... all available from clivemurphy.com/shop

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