

# Rosenberg Self-Esteem Scale

We Level Up



## Take Our Free Beck Anxiety Rating Scale.

The Rosenberg Self-Esteem Scale (RSES) is a widely used self-report questionnaire designed to measure an individual's self-esteem. Developed by sociologist Morris Rosenberg in 1965, the scale is a brief and straightforward tool for assessing how individuals perceive themselves in terms of self-worth and self-acceptance.

The Rosenberg Self-Esteem Scale consists of ten statements, and respondents are asked to indicate their level of agreement or disagreement with each statement.

\*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessment are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

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## Check the answer that identifies most of you

1. Name:

2. Phone:

**A: 0 points - B: 1 points - C: 2 points - D: 3 points**

1. On the whole, I am satisfied with myself
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
  
2. At times I think I am very good at all
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
  
3. I feel that I have a number of good qualities
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
  
4. I am able to do things as well as most other people
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree

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5. I feel I do have much to be proud of
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - d. Strongly Disagree
  
  6. I never feel useless
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - d. Strongly Disagree
  
  7. I feel that I'm a person of worth, at least on an equal plane with other
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - d. Strongly Disagree
  
  8. I have respect for myself
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - d. Strongly Disagree
  
  9. All in all, I am inclined to feel that I am not a failure
    - a. Strongly Agree
    - b. Agree
    - c. Disagree
    - d. Strongly Disagree
  
  10. I take a positive attitude toward myself

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- e. Strongly Agree
  - f. Agree
  - g. Disagree
  - h. Strongly Disagree

Check the results

## **0-5 points: Positive and Healthy Level of Self-Esteem**

Scores in this range indicate a generally positive and healthy level of self-esteem. Individuals with high self-esteem tend to have a strong sense of self-worth, feel confident in their abilities, and are generally satisfied with themselves. They are more likely to navigate life's challenges with resilience and a positive outlook.

## **6-16 points: Moderate Level Of Self-Esteem**

Scores in this range suggest a moderate level of self-esteem. Individuals may have a mix of positive and negative feelings about themselves. They may experience some confidence in certain areas but may also face challenges in maintaining a consistently positive self-perception.

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## **17-30 points: Significant Lack of Confidence**

Individuals scoring in this range may experience a significant lack of confidence and positive regard for themselves. They may often harbor negative thoughts about their worth and abilities. Low self-esteem can impact various aspects of life, including relationships, work, and overall well-being.

We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope.

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