

How Do You Feel About Yourself?

Date:

Subject Number:

Please read the following statements and then check the column to tell if it is "like you" or "unlike you."

	Like Me	Unlike Me
1. I often wish I were someone else.	_____	_____
2. I find it very hard to talk in front of a group.	_____	_____
3. There are a lot of things about myself I wish I could change.	_____	_____
4. I can make up my mind without too much trouble.	_____	_____
5. I'm a lot of fun to be with.	_____	_____
6. I get upset easily at home.	_____	_____
7. It takes me a long time to get used to anything new.	_____	_____
8. I'm popular with people my own age.	_____	_____
9. My family expects too much of me.	_____	_____
10. My family usually considers my feelings.	_____	_____
11. I give in very easily.	_____	_____
12. It's pretty tough to be me.	_____	_____
13. Things are all mixed up in my life.	_____	_____
14. Other people usually follow my ideas.	_____	_____
15. I have a low opinion of myself.	_____	_____
16. There are many times when I'd like to leave home.	_____	_____
17. I often feel upset about the work that I do.	_____	_____
18. I'm not as nice-looking as most people.	_____	_____
19. If I have something to say, I usually say it.	_____	_____
20. My family understands me.	_____	_____
21. Most people are better liked than I.	_____	_____
22. I usually feel as if my family is pushing me.	_____	_____
23. I often get discouraged at what I am doing.	_____	_____
24. Things usually don't bother me.	_____	_____
25. I can't be depended on.	_____	_____