**Rosenberg Self-Esteem Scale**

The Rosenberg Self-Esteem Scale is in the public domain and can be copied.

Please read each statement. Then circle the letter indicating how much you agree or disagree with the statement.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Strongly agree** | **Agree** | **Disagree** | **Strongly disagree** |
| 1. I feel that I am a person of worth. I am as good as anybody else
 | A | B | C | D |
| 1. I feel that there are a lot of good things about me
 | A | B | C | D |
| 1. I feel that I fail a lot
 | A | B | C | D |
| 1. I can do things as well as most other people
 | A | B | C | D |
| 1. I do not have much to be proud of
 | A | B | C | D |
| 1. I wish I had more respect for myself
 | A | B | C | D |
| 1. I feel useless at times
 | A | B | C | D |
| 1. Sometimes I think I am no good at all
 | A | B | C | D |
| 1. I like myself
 | A | B | C | D |
| 1. I am happy with myself
 | A | B | C | D |

**Scores are calculated as follows:**

For items 1, 2, 4, 9, and 10:

Strongly agree = 3 Agree = 2 Disagree = 1 Strongly disagree = 0

For items 3, 5, 6, 7, and 8 (which are reversed in valence):

Strongly agree = 0 Agree = 1 Disagree = 2 Strongly disagree = 3

The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem