

Rosenberg Questionnaire

Please circle the most appropriate answer

DATE: / /

1. On the whole I am satisfied with myself.	Strongly Agree	Agree	Disagree	Strongly Disagree
2. At times I think I am no good at all.	Strongly Agree	Agree	Disagree	Strongly Disagree
3. I feel that I have a number of good qualities	Strongly Agree	Agree	Disagree	Strongly Disagree
4. I am able to do most things as well as most other people	Strongly Agree	Agree	Disagree	Strongly Disagree
5. I feel I do not have much to be proud of.	Strongly Agree	Agree	Disagree	Strongly Disagree
6. I certainly feel useless at times	Strongly Agree	Agree	Disagree	Strongly Disagree
7. I feel that I am a person of worth, at least on an equal plane with others.	Strongly Agree	Agree	Disagree	Strongly Disagree
8. I wish I could have more respect for myself.	Strongly Agree	Agree	Disagree	Strongly Disagree
9. All in all, I am inclined to feel that I am a failure.	Strongly Agree	Agree	Disagree	Strongly Disagree
10. I take a positive attitude toward myself.	Strongly Agree	Agree	Disagree	Strongly Disagree

Scoring:

For questions 1, 3, 4, 7, and 10 score SA=3, A=2, D=1, and SD=0: Your Total _____

For questions 2, 5, 6, 8, and 9 score SA=0, A=1, D=2, and SD=3: Your Total _____

Grand Total _____

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