

TABLE 5.4 The Rosenberg Self-Esteem Scale

Please indicate your level of agreement with each of the following statements by circling one number on the rating scale that best describes the way you feel about yourself.

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. At times I think I am no good at all.	0	1	2	3
2. I take a positive view of myself.	0	1	2	3
3. All in all, I am inclined to feel that I am a failure.	0	1	2	3
4. I wish I could have more respect for myself.	0	1	2	3
5. I certainly feel useless at times.	0	1	2	3
6. I feel that I am a person of worth, at least on an equal plane with others.	0	1	2	3
7. On the whole, I am satisfied with myself.	0	1	2	3
8. I feel I do not have much to be proud of.	0	1	2	3
9. I feel that I have a number of good qualities.	0	1	2	3
10. I am able to do things as well as most other people.	0	1	2	3

To compute your score, first reverse your answers to items 1, 3, 4, 5, and 8 (0 = 3)(1 = 2)(2 = 1)(3 = 0). Then sum your answers to all 10 items. A score of 22 is average with American samples.

Source: Rosenberg (1965).