

## **THE ROSENBERG SELF-ESTEEM SCALE**

The Rosenberg Self-Esteem Scale assesses a person's global self-worth by measuring their positive and negative feelings towards themselves.

### **INSTRUCTIONS FOR SCORING**

Sum up your scores for all ten items.

Items 2, 5, 6, 8 and 9 are reversed scored. For example, if you scored a '1', give yourself a '4'. If you scored a '3', give yourself a '2'.

### **INTEPRETATION OF SCORES**

Higher scores indicate higher levels of self-esteem.

### **KEY REFERENCE**

Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press.

### **TIME TAKEN TO COMPLETE**

2 minutes

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Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

- 4 = Strongly Agree
- 3 = Agree
- 2 = Disagree
- 1 = Strongly Disagree

- \_\_\_\_\_ On the whole, I am satisfied with myself.
- \_\_\_\_\_ At times I think I am no good at all.
- \_\_\_\_\_ I feel that I have a number of good qualities.
- \_\_\_\_\_ I am able to do things as well as most other people.
- \_\_\_\_\_ I feel I do not have much to be proud of.
- \_\_\_\_\_ I certainly feel useless at times.
- \_\_\_\_\_ I feel that I'm a person of worth, at least on an equal plane with others.
- \_\_\_\_\_ I wish I could have more respect for myself.
- \_\_\_\_\_ All in all, I am inclined to feel that I am a failure.
- \_\_\_\_\_ I take a positive attitude toward myself.
- \_\_\_\_\_ **Total Score**