

The Harrill Self-Esteem Inventory

Rate yourself on each with a scale of 0 to 4 based upon your current thoughts, feelings, and behaviors: **0** = I never think, feel or behave this way. **1** = I do less than half the time. **2** = I do 50% of the time. **3** = I do more than half the time. **4** = I always think, feel or behave this way.

Score SELF-ESTEEM STATEMENTS

- ____ 1. I like and accept myself right now, even as I grow and evolve.
- ____ 2. I am worthy simply for who I am, not what I do. I do not have to earn my worthiness.
- ____ 3. I get my needs met before meeting the wants of others. I balance my needs with those of my partner and family.
- ____ 4. I easily release negative feelings when other people blame or criticize me.
- ____ 5. I always tell myself the truth about what I am feeling.
- ____ 6. I am incomparable and stop comparing myself with other people.
- ____ 7. I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them).
- ____ 8. I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do.
- ____ 9. I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.
- ____ 10. I nurture myself with kind, supportive self-talk.
- ____ 11. I love, respect, and honor myself.
- ____ 12. I accept other people as they are, even when they do not meet my expectations, or their behaviors and beliefs are not to my liking.
- ____ 13. I am not responsible for anyone else's actions, needs, thoughts, moods, or feelings, only for my own (exception, my own young children).
- ____ 14. I feel my own feelings and think my own thoughts, even when those around me think or feel differently.
- ____ 15. I am kind to myself and do not use "shoulds" and "oughts" to put myself down with value judgments.
- ____ 16. I allow others to have their own interpretation and experience of me and realize I cannot control their perceptions and opinions of me.
- ____ 17. I face my fears and insecurities, taking appropriate steps to heal and grow.
- ____ 18. I forgive myself and others for making mistakes and being unaware.
- ____ 19. I accept responsibility for my perceptions of others and for my response to them.
- ____ 20. I do not dominate others or allow others to dominate me.
- ____ 21. I am my own authority. I make decisions with the intention of furthering my own and others' best interests.
- ____ 22. I find meaning and have purpose in my life.
- ____ 23. I balance giving and receiving in my life. I have good boundaries with others.
- ____ 24. I am responsible for changing what I do not like in my life.
- ____ 25. I choose to love and respect all human beings regardless of their beliefs and actions. I can love others without having an active relationship with them.

This is not a precise measure of self-esteem. It identifies beliefs, feelings, and behaviors that affect low self-esteem. Use the statements as affirmations to update your guiding beliefs. Put them on 3x5 cards or, record them onto a cassette tape and listen.

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