

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
2. I feel that there are a lot of good things about me	A	B	C	D
3. I feel that I fail a lot	A	B	C	D
4. I can do things as well as most other people	A	B	C	D
5. I do not have much to be proud of	A	B	C	D
6. I wish I had more respect for myself	A	B	C	D
7. I feel useless at times	A	B	C	D
8. Sometimes I think I am no good at all	A	B	C	D
9. I like myself	A	B	C	D
10. 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

Self-esteem scale

ECMS number: