

Rosenberg self-esteem scale

	A. Disagree at 100%	B. Tend to disagree	C. Tend to agree	D. Agree at 100%
1. I feel that I am a person of value, at least equal to anyone else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I think I have a number of good qualities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. In general, I tend to think I'm a failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I'm capable of doing things as well as most people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel I have little to be proud of	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have a positive attitude towards myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have little respect for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. On the whole, I'm satisfied with myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Sometimes I feel really useless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Sometimes I think I'm good for nothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Rosenberg self-esteem scale

	A. Disagree at 100%	B. Tend to disagree	C. Tend to agree	D. Agree at 100%	My resultat
1. I feel that I am a person of value, at least equal to anyone else	1	2	3	4	<input type="text"/>
2. I think I have a number of good qualities	1	2	3	4	<input type="text"/>
3. In general, I tend to think I'm a failure	4	3	2	1	<input type="text"/>
4. I'm capable of doing things as well as most people	1	2	3	4	<input type="text"/>
5. I feel I have little to be proud of	4	3	2	1	<input type="text"/>
6. I have a positive attitude towards myself	1	2	3	4	<input type="text"/>
7. I have little respect for myself	4	3	2	1	<input type="text"/>
8. On the whole, I'm satisfied with myself	1	2	3	4	<input type="text"/>
9. Sometimes I feel really useless	4	3	2	1	<input type="text"/>
10. Sometimes I think I'm good for nothing	4	3	2	1	<input type="text"/>
MY SELF-ESTEEM LEVEL:					<input type="text"/>

To understand my resultat <https://christellemarchettiveclin.ca/en/develop-your-self-esteem/>

