THE “SELF-ESTEEM” CHECKUP!
First, rate from 0 to 10 how much you believe each of the following statements. 0 means you completely disbelieve it. 10 means you think it is completely true.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Rating</th>
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<tbody>
<tr>
<td>1) I am a worthwhile person.</td>
<td>______</td>
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<tr>
<td>2) I am as valuable as a person as anyone else.</td>
<td>______</td>
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<td>3) I have the qualities I need to live well.</td>
<td>______</td>
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<td>4) When I look into my eyes in the mirror I have a pleasant feeling.</td>
<td>______</td>
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<td>5) I don’t feel like an overall failure.</td>
<td>______</td>
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<tr>
<td>6) I can laugh at myself.</td>
<td>______</td>
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<tr>
<td>7) I am happy to be me.</td>
<td>______</td>
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<tr>
<td>8) I like myself, even when others reject me.</td>
<td>______</td>
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<tr>
<td>9) I love and support myself, regardless of what happens.</td>
<td>______</td>
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<tr>
<td>10) I am generally satisfied with the way I am developing as a person.</td>
<td>______</td>
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<tr>
<td>11) I respect myself.</td>
<td>______</td>
</tr>
<tr>
<td>12) I’d rather be me than someone else.</td>
<td>______</td>
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</tbody>
</table>

Total Score: ______

If your score is between 80 and 120 than you likely have higher self-esteem! If your overall score was lower than 80 you may benefit from talking with a professional counselor to develop a better understanding for potential causes of lower self-esteem and ways to increase emotional well-being and esteem. IUN Counseling Services offers free and confidential services to all IUN students who are enrolled on at least a part-time basis. The IUN Counseling Office has licensed professional social workers and counselors who are trained to meet the specific needs of college students!
Self-esteem is how you feel about yourself.

Low self-esteem can lead to:
- Excessive worry
- Depression
- Alcohol, tobacco, or other drug use/abuse
- Eating concerns
- Suicide
- Poor body image
- Unhealthy relationships
- Anger and aggressive behavior
- Making unhealthy sexual health decisions

Who and what influences our self-esteem?
- Family members
- Friends
- Teachers, coaches, caregivers
- The media
- Strangers
- Experiences

From the moment of birth, our self-esteem begins to take shape by what others think about us and how we are treated. Family members and caregivers are powerful influences on shaping our early self-esteem. As children, we didn’t have the ability to critique messages or form our own opinions of ourselves. We saw ourselves through the eyes of others.

If we were treated positively, valued and nurtured as children, chances are we have high self-esteem.

If we were neglected, given negative messages, such as being told we were “stupid” or “bad,” chances are we have lower self-esteem.

Though childhood provides the foundation for our self-esteem, it is hoped as we get older and gain a sense of self that external influences have less impact on our self-esteem.

How can I change my self-esteem?
- Let go of negative messages we received as children
- Notice and stop negative self-talk, Don’t call yourself, “dumb,” “fat,” “ugly,” “weak,” “a failure,” “an idiot”
- Notice the things you like about yourself
- You can work to change the things you don’t like about yourself
- There is no such thing as being perfect, so let go of that idea
- Take responsibility for your actions
- Think openly and critically about feedback from others
- Don’t base your self-worth on messages from the media
- Raising self-esteem takes time, patience and hard work. It’s not easy, but it can be done!
- Develop a sense of who you are as an individual.
- Surround yourself with people who care and support you for who you are
- Talk with an IUN counselor from the IUN Counseling Office!