

Self-Assessment of Your Sense of Self

Date: _____

Assess yourself on each of these characteristics of a sense of self. Select a number that generally describes where you fall on the spectrum of each trait. Do not choose a number for how the trait fits you at the moment you are filling it in but select a number that would apply over an extended period.

Feelings About Self		
I have a general sense of unhappiness, depression, unease, malaise	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am “comfortable in my own skin,” cheerful, vigorous
I feel a victim, largely powerless	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I feel empowered
I fear looking foolish and am unable to laugh at myself	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am unafraid of others’ perceptions, and I am able to laugh at myself
I am afraid of forming my own opinion and having it challenged	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am an independent, creative, critical thinker, and welcome challenges to my own beliefs
I take disagreements as personal affronts, I seek revenge	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I seek win/win and am accepting of disagreements
I am prone to rapid and sudden anger or sadness	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am calm and have a relaxed inner state
I seek to suppress “bad” emotions; afraid they may become all consuming	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I accept and embrace all emotions as part of being fully and functionally human
Thoughts About Self		
I tend towards a negative attitude and pessimism	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I tend to have a positive disposition and am optimistic
I lack confidence in self	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am confident
I am rigid	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I am flexible
I close my eyes to unpleasant realities, prefer to be deluded	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I accept unpleasant realities and prefer knowing them to ignorance
I am heavily dependent on others or things	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I act independently and find ways to limit dependencies
I am generally unable to accept criticism	1 2 3 4 5 6 7 8 9 <input type="radio"/> — <input type="radio"/>	I accept criticism and seek to learn from it

Presenting Self To Others		
I tend to be secretive	1 2 3 4 5 6 7 8 9 	I tend to be very open
I exaggerate, pretend to be what I am not, and lie to conceal my insecurity	1 2 3 4 5 6 7 8 9 	I am honest about myself and my beliefs
I am arrogant and boastful (intending to appear as self-confident) – OR -- extremely shy (to avoid inspection)	1 2 3 4 5 6 7 8 9 	I am humble
I am cool, detached, and aloof (intended to appear as “in control”)	1 2 3 4 5 6 7 8 9 	I am warm, engaged, and responsive
I generally use language for its emotive value to persuade others	1 2 3 4 5 6 7 8 9 	I generally use language for its truth value to persuade others
I seek first to connect with others emotionally	1 2 3 4 5 6 7 8 9 	I seek first to understand others
I deny my mistakes and blame others when things for which I am responsible go badly	1 2 3 4 5 6 7 8 9 	I acknowledge and accept responsibility for personal mistakes and failings
I take credit for others’ achievements	1 2 3 4 5 6 7 8 9 	I readily give credit to others
I am often non-rational	1 2 3 4 5 6 7 8 9 	I am rational
I break agreements, violate professed standards, am hypocritical	1 2 3 4 5 6 7 8 9 	I have high integrity, my actions are aligned with my professed beliefs
I perform poorly in pressure situations	1 2 3 4 5 6 7 8 9 	I am at ease under pressure
Perception of Others		
I project my own inadequacies and motives onto others	1 2 3 4 5 6 7 8 9 	I see each person as an individual with their own skills, desires, and motivations
I see others as impotent victims and members of victim groups	1 2 3 4 5 6 7 8 9 	I see others as capable and empowered
I am often jealous and envious of others	1 2 3 4 5 6 7 8 9 	I find joy in the success of others
I fear or am hostile towards others, blaming others for my own inner state	1 2 3 4 5 6 7 8 9 	I am confident in interactions with others and respectful of them

Relationship with Self		
I do not seek self-improvement as it requires acknowledging I am currently lacking	1 2 3 4 5 6 7 8 9 	I see living as learning and see limitless opportunities for personal growth and improvement
I lack self-discipline	1 2 3 4 5 6 7 8 9 	I seek personal improvement through control of myself and my conduct
I am closed minded, unwilling to accept new ideas	1 2 3 4 5 6 7 8 9 	I am curious and open to new ideas and ways of thinking
I have addictions—they serve as personal distractions	1 2 3 4 5 6 7 8 9 	I regularly and accurately assesses myself and my beliefs
I have difficulty making commitments	1 2 3 4 5 6 7 8 9 	I am willing and able to commit self to others, tasks and goals
Relationships with Others		
I am drawn to others with a low sense of self	1 2 3 4 5 6 7 8 9 	I am drawn to others with a high sense of self
I have difficulty loving others	1 2 3 4 5 6 7 8 9 	I love easily and joyously
I seeks control and power over others	1 2 3 4 5 6 7 8 9 	I respects others as the center of their own universe
I am outwardly aggressive or passively aggressive	1 2 3 4 5 6 7 8 9 	I am assertive and invite others to assert themselves
I discard people when they become a personal liability	1 2 3 4 5 6 7 8 9 	I support and help others even at a personal cost