

Test for Self-Worth

Instructions: Consider each item carefully. Decide if you mainly agree or mainly disagree with the item. Mark (T) for true if you agree and (F) for false if you disagree.

T F N/A

1. I have done something so bad or shameful that I can't be forgiven.
2. I have not lived up to my family's expectations, as I should have done.
3. No matter how well I might do in the future, I can't make up for my past errors, so I'll never be any good.
4. I make more mistakes than most other people do.
5. I should do well almost all the time.
6. I have urges I don't control which prove I'm rotten.
7. Even God doesn't like me.
8. The truth is I sometimes think I'm better than everybody else.
9. There are bad things I should not have done, that I knew not to but I did them anyway, which makes me worthless.
10. I have decided that I am a bad person, and I believe that I am right.
11. The only really good thing I do is to punish myself for being no good by making a mess of my life.
12. If only I were more attractive I would be able to have the relationships I want.
13. I lack the courage to stand up to certain people.
14. I don't follow my religious beliefs as well as I should.
15. I should have done a lot better by now with my life than I have done.

16. I don't write or call home as often as I should.
17. I worry that my deep secrets will one day be revealed, and I couldn't stand that.
18. I am shy.
19. I sometimes have a bad temper.
20. I often feel so lonely that I just can't stand it.
21. I don't have any really close friends.
22. I don't believe anybody really understands me.
23. I wish I could make major changes in my personality.
24. I don't deserve to be treated well.

Note: Any answer marked **(T)** for **true** indicates an irrational belief may be lurking around in your mind.