Score Logix: www.scorelogix.com/test

Use Strongly Disagree, disagree, neither, agree, strongly agree

1. On the whole I am satisfied with myself.
2. At times, I think I am no good at all.
3. I feel that I have a number of good qualities.
4. I am able to do things as well as most other people.
5. I feel I do not have much to be proud of.
6. I certainly feel useless at times.
7. I feel that I am a person of worth, at least the equal of others.
8. I wish I could have more respect for myself.
9. All in all, I am inclined to believe that I am a failure.
10. I take a positive attitude toward myself.
11. I can always manage to solve difficult problems if I try hard enough.
12. If someone opposes me, I can find the means and ways to get what I want.
13. It is easy for me to stick to my aims and accomplish my goals.
14. I am confident that I could deal efficiently with unexpected events.
15. Thanks to my resourcefulness, I know how to handle unforeseen situations.
16. I can solve most problems if I invest the necessary effort.
17. I can remain calm when facing difficulties because I can rely on my coping abilities.
18. When I am confronted with a problem, I can usually find several solutions.
19. If I am in trouble, I can usually think of a solution.
20. I can usually handle whatever comes my way.
21. I believe that I am more intelligent than most individuals.
22. Given time, I can figure out any complicated intellectual task.
23. I put myself in situations that challenge me to learn new things.
24. I enjoy playing games that involve thinking or solving puzzles.
25. I would rather have someone explain a difficult concept to me than to figure it out on my own.
26. I don’t enjoy discussing complex issues.
27. I feel that I can make friends with almost anyone.
28. I believe that I have lots of things in common with everyone.
29. My successes can be equally attributed to who I know versus what I know.
30. It would be exciting to meet a group of people who I don’t know.
31. I don’t like crowds.
32. I would much rather work on a task than socialize with the other people working on the task.
33. I can spontaneously come up with creative solutions to problems.
34. I am artistically inclined.
35. It is easy for me to see how all things are related to one another.
36. I’ve never had difficulty finding ways to express myself.
37. I don’t like to think about abstract concepts.
38. I would rather think about all the possible ways to complete a task rather than doing the work to complete the task itself.
39. I am good at sports.
40. I have always been physically active.
41. I enjoy the competition in any game that requires physical activity.
42. It is easy for me to imitate another person’s movements just by watching the way they move.
43. I don’t like to exercise.
44. I would much rather relax than play a game that requires me getting sweaty.
45. I have always been happy with the way I look.
46. Trying to look good is a waste of time.
47. I usually think I look good in photographs of myself.
48. I’m comfortable being the center of attention.
49. If I could change a lot about the way I look, I would do it.
50. I’ve never like mirrors.