



# SELF-ESTEEM SCREENER

STUDENT ID#: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

\*If applicable, please assign an ID number for each student for confidentiality; please read aloud when appropriate.

**1. I feel loved.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**2. I feel important and valuable.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**3. I feel needed.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**4. I feel accepted by others.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**5. I feel that I belong and have a purpose.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**6. I feel afraid.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**7. I feel hopeful and excited about my life.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**8. I like myself.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**9. I am smart.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**10. I deserve to be loved.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**11. I am happy with myself.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never

**12. I feel safe.**

(1) All the Time (2) Most of the Time (3) Sometimes (4) Not Often (5) Never