

THE HARRILL SELF-ESTEEM INVENTORY

PART 1: Rate yourself on each statement with a scale of 0 to 4 based upon your **current thoughts, feelings, and behaviors**: 0 = I never think, feel or behave this way. 1 = I do less than half the time. 2 = I do 50% of the time. 3 = I do more than half the time. 4 = I always think, feel or behave this way. NOTE: You may rate this entirely differently 2 weeks from now. Do it "as of today / right now."

- ____ 1. I like and accept myself right now, even as I grow and evolve.
- ____ 2. I am worthy simply for whom I am, not what I do. I do not have to earn my worthiness.
- ____ 3. I get my needs met before meeting the wants of others. I balance my needs with those of my partner and family.
- ____ 4. I easily release negative feelings when other people blame or criticize me.
- ____ 5. I always tell myself the truth about what I am feeling.
- ____ 6. I am incomparable and stop comparing myself with other people.
- ____ 7. I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them).
- ____ 8. I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do.
- ____ 9. I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.
- ____ 10. I nurture myself with kind, supportive self-talk.
- ____ 11. I love, respect, and honor myself.
- ____ 12. I accept other people as they are, even when they do not meet my expectations, or their behaviors and beliefs are not to my liking.
- ____ 13. I am not responsible for anyone else's actions, needs, thoughts, moods, or feelings, only for my own (exception, my own young children).
- ____ 14. I feel my own feelings and think my own thoughts, even when those around me think or feel differently.

____ 15. I am kind to myself and do not use “should” and “ought’s” to put myself down with value judgments.

____ 16. I allow others to have their own interpretation and experience of me and realize I cannot control their perceptions and opinions of me.

____ 17. I face my fears and insecurities, taking appropriate steps to heal and grow.

____ 18. I forgive others and myself for making mistakes and being unaware.

____ 19. I accept responsibility for my perceptions of others and for my response to them.

____ 20. I do not dominate others or allow others to dominate me.

____ 21. I am my own authority. I make decisions with the intention of furthering my own and others’ best interests.

____ 22. I find meaning and have purpose in my life.

____ 23. I balance giving and receiving in my life. I have good boundaries with others.

____ 24. I am responsible for changing what I do not like in my life.

____ 25. I choose to love and respect all human beings regardless of their beliefs and actions. I can love others without having an active relationship with them.

This is not a precise measure of self-esteem. It identifies beliefs, feelings, and behaviors that affect self-esteem. Answers generally will change depending upon your circumstances at the time this is taken.

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PART 2: WRITTEN COMPONENT: In 10-15 sentences write about your ratings of yourself. Were you truly honest? Which areas did you find yourself rating yourself in a manner that you didn’t want to? (Remember, IT IS MORE “NORMAL” to have lower self-esteem in areas when rating than everything positive and feeling good.) Do you have anything in your life that is stressful that could be skewing your ratings in a different way than you want or is typical at this time? Do you have things happening in your life that are going so well that you think your ratings may be higher than they would have been a while back ago? Which areas do you think change monthly? Which areas do you think remain steady.

Keep this Harrill Self-Esteem Inventory and retake it periodically. Changes will help you readjust and reevaluate your life in a more positive direction before self-esteem lowers.