



The Burnout Solution

SELF WORTH QUIZ

1. I generally feel pretty good about myself as a person.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
2. Most people I know are more intelligent and capable than I am.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
3. Most people I know are more attractive than I am.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
4. Most people I know are more interesting than I am.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
5. I am often surprised to find out that other people see me more positively (e.g. as more intelligent, attractive, competent) than I see myself.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
6. I feel like I am a pretty good catch as a relationship partner.				

Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
7. When I complete a challenging task it generally makes me feel good about myself.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
8. How I feel about myself is determined to a large extent by what I think others think of me.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
9. I often find myself thinking negative thoughts about myself (e.g., 'I am so stupid', 'I look terrible').				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5
10. I often have a hard time understanding why someone would be interested in me romantically or sexually.				
Strongly disagree	Disagree Somewhat	Neither Agree nor Disagree	Agree Somewhat	Strongly Agree
1	2	3	4	5

Once you've completed the scale, add together all the numbers assigned to each response you chose, and review the appropriate feedback below.

Your Score:

10–25 – Your score indicates that you have a fairly poor sense of your self-worth. And the chances are that your ideas about yourself are not really accurate – you may be focusing too much on the negative and ignoring the many positive aspects of who you are as a person. Poor self-worth is something you should consider working on because it can interfere with

your interest in, and ability to go after challenging goals. It can also make it more difficult for you to have healthy relationships, personally and professionally.

26-40 – Your score indicates that your sense of self-worth is moderate – lower in some areas and higher in others. Although no one feels they're the best at everything (and, of course, no one actually *is* the best at everything), it's possible that some of your more negative feelings about yourself could be improved by a change of focus and mindset.

41-50 – Your score indicates that you have a fairly positive sense of your self-worth. That's great, because feeling this way can improve your ability to successfully accomplish challenging goals, and to find and maintain healthy relationships.