

## Self Esteem Quiz PDF

The following questions represent common signs of low self-esteem. Check off the ones you relate to:

- Do you often doubt your ability to manage different situations and even avoid challenges or give up quickly without really trying?
- Do you often feel that you have little control over your life or what happens to you?
- Do you often compare yourself to others unfavorably?
- Do you usually struggle to ask for what you need?
- Do you often doubt your own choices and may even defer to what others think?
- Do you find it difficult in general to accept compliments from others?
- Do you tend to focus on your flaws and engage in negative self-talk?
- Do you often struggle with feelings of hopelessness and feel that there is little chance that the future will be any better than the present?
- Do you tend to struggle with setting healthy boundaries with others?
- Are you a people pleaser, constantly trying to gain external validation and neglecting your own needs and desires?