



Rosenberg Self-Esteem Scale (RSES)

Instructions:

Below is a list of statements dealing with your general feelings about yourself. There are four possible answers for each of the 10 questions, from "strongly agree" to "strongly disagree." Tap the box to indicate how strongly you agree or disagree with each statement.

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	On the whole, I am satisfied with myself	3	2	1	0
2	At times, I think I am no good at all	0	1	2	3
3	I feel that I have a number of good qualities	3	2	1	0
4	I am able to do things as well as most other people	3	2	1	0
5	I feel I do not have much to be proud of	0	1	2	3
6	I certainly feel useless at times	0	1	2	3
7	I feel that I'm a person of worth, at least on an equal plane with others	3	2	1	0
8	I wish I could have more respect for myself	0	1	2	3
9	All in all, I am inclined to feel that I am a failure	0	1	2	3
10	I take a positive attitude toward myself	3	2	1	0

Developer Reference:

Rosenberg, M. (1965). Rosenberg self-esteem scale (RSE). Acceptance and Commitment Therapy. Measures Package, 61.