



Do You Have Low Self-Esteem?

1. Do you often criticize yourself for small mistakes or perceived flaws? ☐ Yes ☐ No
☐ Sometimes
2. Do you find it hard to accept compliments or believe positive feedback about yourself? ☐ Yes
☐ No ☐ Sometimes
3. Do you compare yourself unfavorably to others and feel you come up short? ☐ Yes ☐ No
☐ Sometimes
4. Do you avoid speaking up or sharing your ideas because you fear being judged or dismissed?
☐ Yes ☐ No ☐ Sometimes
5. Do you feel unworthy of love, success, or kindness even when others show you support? ☐ Yes
☐ No ☐ Sometimes
6. Do you apologize frequently for things that don't require an apology? ☐ Yes ☐ No ☐ Sometimes
7. Do you tolerate disrespect or minimize your needs to keep peace or gain approval? ☐ Yes
☐ No ☐ Sometimes
8. Do you set unrealistically high standards for yourself and then harshly judge unmet goals? ☐ Yes
☐ No ☐ Sometimes
9. Do you struggle to make decisions because you doubt your judgment or fear making the wrong choice? ☐ Yes ☐ No ☐ Sometimes
10. Despite efforts to improve, do you feel stuck in negative self-beliefs that affect your daily life? ☐ Yes ☐ No ☐ Sometimes

Are Your Answers Mostly “Yes”?: Indicates low self-esteem that likely affects your relationships, choices, and emotional safety. Seek self-compassion work and coaching resources.

Are Your Answers Mostly “Sometimes”?: You experience fluctuating self-worth that can be strengthened by consistent self-care, boundary practice, and small wins that rebuild confidence.

Are Your Answers Mostly “No”?: Low self-esteem is unlikely to be a dominant pattern, though continued self-awareness and healthy self-care remain valuable.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.