

# Assessment

## ***Developing Self-Esteem*** ***Revised Edition***

The objectives of this book are:

- To explain how self-esteem affects one's attitudes and actions
- To direct ways to develop self-esteem
- To help children develop self-esteem



## **Assessment Questions for Developing Self-Esteem, Revised Edition**

*Select the best response.*

1. Select the best description of self-esteem:
  - A. Self-esteem means being able to admit your own mistakes and to act considerately toward others
  - B. Self-esteem means understanding yourself and being strong enough to care about others more than about yourself
  - C. Self-esteem means valuing yourself and acting in a way that takes into account the needs of others
2. Which belief will help you overcome fear?
  - A. You can make something work out even if you're not sure about it at first
  - B. Believing in a risky project is the best way to make it successful
  - C. If you doubt that something will work, it probably won't
3. Which sentiment will help you create a positive belief system?
  - A. If you feel inferior, it's because someone else caused you to feel that way
  - B. You can control the effect other people have on you
  - C. You have to admit your mistakes
4. The statement "Yesterday is a cancelled check, tomorrow is a promissory note, but today is ready cash. Use it!" means:
  - A. Your past is an important part of your future
  - B. You can do something only about today
  - C. Tomorrow can hold great promise
5. Appreciating and accepting your good points does not mean you are conceited.
  - A. True
  - B. False

6. Change:

- A. Can cause pain, fear, anger, and frustration
- B. Can lead to an exploration of new goals
- C. Sometimes leads to failure
- D. Provides an opportunity to learn from failure
- E. All of the above

7. The belief that people can change other people:

- A. Is a valid belief but it's not easy
- B. Is a misconception
- C. Is a useful belief for change agents

8. You can have a full and interesting life:

- A. Without taking any risks
- B. Only if you are willing to take risks
- C. Doing things as you've always done them

9. If you are afraid of something:

- A. It's best to try to think of something else
- B. You should keep your feelings to yourself
- C. You should try to involve yourself with the thing you fear

10. The number one roadblock to success is:

- A. The inability to believe in oneself
- B. Not paying enough attention to our weaknesses

11. A significant person in your life:

- A. Should not be expected to provide a true picture of your strengths
- B. Can be the best person to evaluate your strengths
- C. Will be able to understand your abilities in any field

12. To make a dream become a reality:

- A. You need a lot of luck
- B. Put your life in the hands of fate
- C. You must consciously take control of your thoughts

13. Feeling good about yourself:
- A. Is a luxury enjoyed by few people
  - B. Is essential if you are to succeed in meeting any goal
  - C. Will give you a happy and successful life
14. Which of these actions best supports self-esteem?
- A. Reading positive literature
  - B. Respecting those in authority
  - C. Accepting the reasoning of other people
15. Which action will help you make better decisions?
- A. Never closing the door to more information
  - B. Continuing to ask yourself “What if?” after you’ve made a choice
  - C. Describing your decision in writing
16. Which of these actions can help raise self-esteem?
- A. Practicing meditation
  - B. Attributing success to luck
  - C. Ignoring your personal appearance
17. Which of these can help you balance your life?
- A. Taking work home
  - B. Using weekends to catch up on work
  - C. Turning off “work thoughts” once at home
18. Even as you experience change in your life, your values will never change.
- A. True
  - B. False
19. Saying no:
- A. Is important in managing time
  - B. Is bad because it can alienate other people
  - C. To tasks outside the sphere of your objectives is always desirable

20. Which of the following questions will not help you prepare for making positive changes in your life?
- A. "What is my experience?"
  - B. "When will my boss give me the recognition I deserve?"
  - C. "What are my strengths?"
21. Parents can help their children develop self-esteem by:
- A. Treating them respectfully
  - B. Spending time with them
  - C. Telling them things they should not do
  - D. Fostering independence
  - E. All of the above
22. Making a list of your dreams and fantasies:
- A. Is an important step in achieving personal success
  - B. Is enjoyable, but seldom leads to life changes
  - C. Will distract you from pursuing realistic goals
23. For goal setting to be effective, create an action plan that:
- A. Lists the steps you will take
  - B. Specifies a start date
  - C. Establishes a deadline for achieving the goal
  - D. All of the above
24. Keeping your work and home environments organized will help you focus on your priorities.
- A. True
  - B. False
25. Self-esteem can aid you in overcoming feelings of anxiety by allowing you to:
- A. Ignore troubling circumstances
  - B. Be happy no matter what you are currently doing
  - C. Take positive action for success

**Answer Key for**  
**Developing Self-Esteem, Revised Edition**

***Recommended response (Corresponding workbook page)***

1. C (3)	6. E (20)	11. B (73)	16. A (26)	21. E (42)
2. B (28)	7. B (20)	12. C (82)	17. C (40)	22. A (83)
3. B (32)	8. B (20)	13. B (102)	18. B (54)	23. D (94)
4. B (100)	9. C (31)	14. A (26)	19. A (100)	24. A (99)
5. A (18)	10. A (32)	15. C (91)	20. B (49)	25. C (102)