

Activity 1: The Harill Self-esteem Inventory

Instructions: Rate yourself on each statement with a scale of 0 to 4 based on your current thoughts, feelings, and behaviors.

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|----|-------------------|
| 0- | Strongly Disagree |
| 1- | Disagree |
| 2- | Neutral |
| 3- | Agree |
| 4- | Strongly Agree |

- _____ 1. I like and accept myself right now, even as I grow and evolve.
- _____ 2. I am worthy simply for who I am, not for what I do. I do not have to earn my worthiness.
- _____ 3. I get my needs met before meeting the wants of others. I balance my needs with those of my partner and family.
- _____ 4. I easily release negative feelings when other people blame or criticize me.
- _____ 5. I always tell myself the truth about what I am feeling.
- _____ 6. I am incomparable and I stop comparing myself with other people.
- _____ 7. I feel of equal value to other people, regardless of my performance, looks, IQ, achievements, or possessions (or lack of them).
- _____ 8. I take responsibility for my feelings, emotions, thoughts, and actions. I do not give others credit or blame for how I feel, think, or what I do.
- _____ 9. I learn and grow from my mistakes rather than deny them or use them to confirm my unworthiness.
- _____ 10. I nurture myself with kind, supportive self-talk.
- _____ 11. I love, respect, and honor myself.
- _____ 12. I accept other people as they are, even when they do not meet my expectations, or their behaviors and beliefs that are not to my liking.
- _____ 13. I am not responsible for anyone else's actions, needs, thoughts, moods, or feelings, only for my own.
- _____ 14. I feel my own feelings and think my own thoughts, even when those around me think of me differently.
- _____ 15. I am kind to myself and do not use "shoulds" and "oughts" to put myself down with value judgments.
- _____ 16. I allow others to have their own interpretation and experience of me and realize I cannot control their perceptions and opinions of me.
- _____ 17. I face my fears and insecurities, taking appropriate steps to heal and grow.
- _____ 18. I forgive myself and others for making mistakes and being unaware of them.
- _____ 19. I accept my responsibility for my perceptions of others and my responses to them.
- _____ 20. I do not dominate others or allow others to dominate me.
- _____ 21. I am my own authority. I make decisions with the intention of furthering my own and others' best interests.
- _____ 22. I find meaning and have purpose in my life.
- _____ 23. I balance giving and receiving in my life. I have good boundaries with others.
- _____ 24. I am responsible for changing what I do not like in my life.
- _____ 25. I choose to love and respect all human beings regardless of their beliefs and actions. I can love others without having an active relationship with them.

Guide Questions

- What can you say about the statements in the inventory?
- Which is your most favorite statement and why?
- Based on the scale, how would you describe your self-esteem?
- What did you realize after this activity?
- How can your realizations affect your daily life?

Reference

SimplyPsychology.org. (n.d.). The Harill self-esteem inventory [PDF]. Retrieved from <http://www.simplypsychology.org/The%20Harill%20Self-Esteem%20Inventory.pdf>