

APPENDIX - III

Self Esteem Scale for Women

Some feelings and thoughts are described below. Read each one carefully and indicate each how often you experience that feeling or thought - Most Often, Sometimes or Rarely. Please note that your indications describe 'HOW YOU FEEL' and not how you 'OUGHT TO' feel. There is no 'right' or 'wrong' answer. Complete confidentiality will be maintained.

<u>S.No.</u>	<u>Statements</u>	<u>MO</u>	<u>S</u>	<u>R</u>
1.	I find it very easy to start a conversation.			
2.	I like to please everyone.			
*3.	I have got the things I desired.			
4.	I feel afraid or anxious when I entering into a room by myself where other people have already gathered and are talking.			
5.	I do not need constant approval from others.			
6.	I feel ignored.			
7.	I find it hard to talk in front of a group.			
*8.	I am very confident about making decisions.			
9.	I wish I was a boy.			
*10.	I think I have been more of a success than failure.			
11.	I think most women are better off than me.			

- *12. I feel people like me.
- 13. I need the help of others to solve my problems.
- *14. I feel I can achieve the things I want.
- 15. I feel I am good for nothing.
- *16. I think I can convince people of what I believe in.
- 17. Most of my friends are attractive and better looking than me.
- *18. It is simple enough for me to take decisions in every day life.
- 19. I feel flustered when things do not go as planned.
- *20. I have the strength to act according to what is right.
- 21. It is of much concern to me whether people like being with me.
- 22. Life is full of pain and sorrow.
- *23. I like myself.
- 24. I am continuously worrying over possible problems.
- *25. I think I am important to people who are close to me.
- 26. No one seems to understand me.
- *27. I think my plans will meet with considerable success.
- 28. I feel helpless.
- *29. I like to venture into the unknown.
- 30. I am afraid other people will dislike me.
- *31. I can make worthwhile contributions in group conversations.

- 32. I wish I was someone else.
- 33. I dream of myself as being beautiful.
- *34. I find it very easy to make new friends.
- 35. I have a feeling there are very few things I can do well.
- *36. People come to me for advice.
- 37. I feel so discouraged with myself that I wonder whether I am a worthwhile person.
- *38. I am successful at handling social interactions.
- 39. I am constantly under the fear of failing.
- 40. I wish I was more intelligent.
- 41. I am confused.