

Adult Sources of Self-Esteem Inventory (ASSEI)

Using a Scale of 0 to 10 where:

0 = “of no importance” 10 = “extremely important”

Please indicate how **IMPORTANT** to your self-esteem is your:

- | | |
|---|--|
| 1. Looks and physical attractiveness:
0...1...2...3...4...5...6...7...8...9...10 | 11. Meeting or having met your responsibilities to your family, i.e., being a good parent, spouse, son, or daughter:
0...1...2...3...4...5...6...7...8...9...10 |
| 2. Physical condition, strength, and agility:
0...1...2...3...4...5...6...7...8...9...10 | 12. Intelligence, how smart you are:
0...1...2...3...4...5...6...7...8...9...10 |
| 3. Grooming, clothing, overall appearance:
0...1...2...3...4...5...6...7...8...9...10 | 13. Level of academic accomplishment, years of education:
0...1...2...3...4...5...6...7...8...9...10 |
| 4. Being liked by others, your popularity and ability to get along, your social skills:
0...1...2...3...4...5...6...7...8...9...10 | 14. Being a cultured and knowledgeable person, knowing about art, music, and world events:
0...1...2...3...4...5...6...7...8...9...10 |
| 5. Being a good person, your friendliness and helpfulness to others:
0...1...2...3...4...5...6...7...8...9...10 | 15. Having special talents or abilities – artistic, scientific, musical, athletic, etc.:
0...1...2...3...4...5...6...7...8...9...10 |
| 6. Having a loving, close relationship with someone:
0...1...2...3...4...5...6...7...8...9...10 | 16. Earning a great amount of money and acquiring valuable possessions:
0...1...2...3...4...5...6...7...8...9...10 |
| 7. Being a law abiding, responsible citizen:
0...1...2...3...4...5...6...7...8...9...10 | 17. Being recognized for your accomplishments, earning the respect of others for your work:
0...1...2...3...4...5...6...7...8...9...10 |
| 8. Being an honest and truthful person in your dealings with others:
0...1...2...3...4...5...6...7...8...9...10 | 18. Doing what you set out to do personally, meeting the goals you set for yourself:
0...1...2...3...4...5...6...7...8...9...10 |
| 9. Having the courage of your convictions, speaking up for what you think is right, even when it is not popular to do so:
0...1...2...3...4...5...6...7...8...9...10 | 19. Having influence over the events or people in your life:
0...1...2...3...4...5...6...7...8...9...10 |
| 10. Relationships with your family, being on good terms with your family, having good feelings for each other:
0...1...2...3...4...5...6...7...8...9...10 | 20. Belief in a higher power, your spiritual convictions:
0...1...2...3...4...5...6...7...8...9...10 |