

Explanation and Scoring of the Self-Worth Inventory

This inventory attempts to measure ten areas of self-worth. To determine your score in each area, add your scores as shown below. Eg. if your score was 2 for question #1 and 3 for question #11, then your total for Appearance would be 5.

Total Score for Each Area

1	<i>Appearance - Q1 & Q11</i>	
2	<i>Competence - Q2 & Q12</i>	
3	<i>Intelligence - Q3 & Q13</i>	
4	<i>Personality - Q4 & Q14</i>	
5	<i>Success - Q5 & Q15</i>	
6	<i>Unconditional Worth - Q6 & Q16</i>	
7	<i>Self-Forgiveness - Q7 & Q17</i>	
8	<i>Acceptance of Weakness - Q8 & Q18</i>	
9	<i>Self-Love - Q9 & Q19</i>	
10	<i>Freedom from Guilt - Q10 & Q20</i>	

If your total score was two or below for any areas, you may want to concentrate on improving your self-worth in those areas. Now look at your overall score. Compare your score with the comments below.

Total Score Comment

76-80 - If you scored in this range, you appear to have excellent self-worth. It is also possible that you see yourself more highly than you ought.

66-75 - You seem to have a very healthy view of yourself and should have few problems with self-worth, unless you scored very low in one or more areas.

56-65 - Overall, you appear to be neither high nor low in self-worth, but there may be specific areas which need attention.

46-55 - There is considerable room for growth in your self-worth, or you might be experiencing some low-mood at present.

0-45 - You have a challenging journey ahead. You need to be congratulated for taking the first step by working through this book.

A score **below 35** may indicate a level of depression. It is important that you consult your Doctor or Therapist about this result.

Note: A low score isn't a failure - below 50 you should talk to a GP or therapist. No test of this nature can adequately describe the self-worth of every individual.