

Do You Believe In Yourself?

1. I think that overall, people find me boring to talk to.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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2. I mess up everything I touch?

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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3. I feel devastated when someone criticizes me?

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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4. If someone ever falls in love with me, I better do my best to prove myself worthy, because it may never happen again?

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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5. I could disappear from the surface of the earth and nobody would notice or care.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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6. When someone criticizes me, I can't help but feel that I really am incompetent.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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7. I have what it takes to socialize with other people?

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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8. How I feel about myself is more important than others' opinions of me.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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9. I deserve to be love and respected.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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10. I am not confident I've done a good job unless someone else points it out.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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11. I like myself.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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12. I modify my personality, opinion, or appearance in order to be accepted by others.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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13. When someone rejects my ideas, I feel insulted.

Strongly Agree	Agree	S o m e w h a t a g r e e / disagree	Disagree	Strongly disagree
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