

Self-Love Scale

Rate yourself from 1 to 10.

1 - Being all the time/many occasions/many people

10 - Being never/no occasions/no-one

Ignore the column labelled 'Chapters' for now.

Be honest with your rating. Do not overthink your answers. Once completed, total up the scores.

Questions	Score										Chapters
	1	2	3	4	5	6	7	8	9	10	
I am not fully comfortable with myself.	1	2	3	4	5	6	7	8	9	10	6, 7 19
I use self-deprecating language (e.g. I am fat).	1	2	3	4	5	6	7	8	9	10	6,7
I criticise, put down or find fault with others and/or me.	1	2	3	4	5	6	7	8	9	10	6, 7
I do not accept compliments well.	1	2	3	4	5	6	7	8	9	10	6, 7 19
I am easily offended or insulted.	1	2	3	4	5	6	7	8	9	10	6, 7 19
I worry about what others think of me.	1	2	3	4	5	6	7	8	9	10	6, 7 19
I make decisions based on what others may think of me.	1	2	3	4	5	6	7	8	9	10	6, 7 16
I lack confidence.	1	2	3	4	5	6	7	8	9	10	6, 7 19,14
I do not like looking at myself in the mirror. When I look in the mirror, I do not feel beautiful.	1	2	3	4	5	6	7	8	9	10	13,19,6,7
There are very few things I like about my body/personality/behaviour	1	2	3	4	5	6	7	8	9	10	6,7,19
I speak with either 'I wish I had', if only, should's, ought's, could-have's and yes-but's.	1	2	3	4	5	6	7	8	9	10	8,9,7,14
I feel sad/disappointed about at least one choice I made (people, things, career decision).	1	2	3	4	5	6	7	8	9	10	8,9,7,14
I regret at least one previous relationship (friends or lovers).	1	2	3	4	5	6	7	8	9	10	8,9,7,14
I often speak about the previous negative experience in my life.	1	2	3	4	5	6	7	8	9	10	8,9,7,14
I self-blame and/or self-criticise.	1	2	3	4	5	6	7	8	9	10	8,9,7,6
I am often regretful.	1	2	3	4	5	6	7	8	9	10	8,9,7,6,14
I have a fear of rejection.	1	2	3	4	5	6	7	8	9	10	12,10,7,19
I felt embarrassed or humiliated by certain things in my life (past or current).	1	2	3	4	5	6	7	8	9	10	10,12,9,8

I have at least one secret that would surprise others.	1	2	3	4	5	6	7	8	9	10	10,12,9,8
I exaggerate and/or tell lies.	1	2	3	4	5	6	7	8	9	10	10,12,19
I suffer from depression, anxiety or fears.	1	2	3	4	5	6	7	8	9	10	14,10,19,9,6,7
One or more relationships where I am careful not to express my feelings as I am afraid of possible conflict.	1	2	3	4	5	6	7	8	9	10	11,16,12,19
One or more relationships in my life, where I feel either unhappiness, disrespect, criticism, drama, tension, stress, little support, discomfort or belittled.	1	2	3	4	5	6	7	8	9	10	11,16,12,19,6,7
I do not share my hurt, disappointments, fears, goals, dreams or feelings with others.	1	2	3	4	5	6	7	8	9	10	12
I do not like either initiating texts, smiles or conversations.	1	2	3	4	5	6	7	8	9	10	12
I find it difficult to admit my mistakes and/or say, 'I am sorry'.	1	2	3	4	5	6	7	8	9	10	12
I act tough in front of others, but when I am home alone, I cry/feel sad.	1	2	3	4	5	6	7	8	9	10	12
I often hold myself back from opening-up to others, because I do not want to burden them with my problems.	1	2	3	4	5	6	7	8	9	10	12
I compare myself to others, thereby feeling inferior or superior.	1	2	3	4	5	6	7	8	9	10	15,6,7
I put other people's needs before my own.	1	2	3	4	5	6	7	8	9	10	16
I try to please others.	1	2	3	4	5	6	7	8	9	10	16,15
It's been more than one month since I had a hearty laugh or since I did something playful.	1	2	3	4	5	6	7	8	9	10	18
It's more than one month since I did something fun, pleasurable or relaxing.	1	2	3	4	5	6	7	8	9	10	18,15
I find it hard to rest or relax without feeling guilty or I do not have time to take care of myself, relax or do things I like doing.	1	2	3	4	5	6	7	8	9	10	16,18
I do things that I am not happy with.	1	2	3	4	5	6	7	8	9	10	16,18
I work long hours.	1	2	3	4	5	6	7	8	9	10	16,18
I do not take enough care of my physical body.	1	2	3	4	5	6	7	8	9	10	13,19
I do not take care of my mind e.g. meditating, relaxing, doing nothing.	1	2	3	4	5	6	7	8	9	10	14
I often feel stressed, anxious, depressed, hopeless, down or overwhelmed.	1	2	3	4	5	6	7	8	9	10	15,14,18,19
I always want to win or be the best at what I do.	1	2	3	4	5	6	7	8	9	10	15
I take life, myself and others too seriously.	1	2	3	4	5	6	7	8	9	10	15,18
I put up with abuse or maltreatment from others.	1	2	3	4	5	6	7	8	9	10	11,16

I am not fully happy in my current relationship(s).	1	2	3	4	5	6	7	8	9	10	11,16,10
I've made decisions in my life so that other people can be happy/protected.	1	2	3	4	5	6	7	8	9	10	16,10
If I had no limitations my life would be very different.	1	2	3	4	5	6	7	8	9	10	16,10
I take on most of the responsibilities at work or at home.	1	2	3	4	5	6	7	8	9	10	16,15
My life/relationship/job is ok.	1	2	3	4	5	6	7	8	9	10	17,16
I doubt my ability for success.	1	2	3	4	5	6	7	8	9	10	17,19
I have very little sense of direction in life.	1	2	3	4	5	6	7	8	9	10	17,14,18,19
I only dream of things that are within my reach.	1	2	3	4	5	6	7	8	9	10	17,18
I do not know what my desires are or what makes me happy/joyful.	1	2	3	4	5	6	7	8	9	10	17,18

Total _____

Date _____

Scoring

The purpose of this assessment is to help you identify areas that require strengthening. The total score intends to track progress. It should not be used as a measure of self-loathing. Irrespective of what your score is, accept where you are on the journey. This is a sign of being kind to yourself. See this as an opportunity for growth rather than self-judgment.

Identifying Areas That Require Strengthening:

After you have completed the scoring on the assessment, identify areas to work on before you embark upon Part Two of the book. You can do this as follows:

- Understand your priority areas by observing scores in the darkest grey columns (between 1 to 4). When you arrive at Part Two of the book, you can go directly to the chapters that are shown in the column (to the right) marked 'Chapters'.
- The chapter numbers are shown in levels of priority. Begin with the chapter shown first, then move to the next.
- For example, if you scored 3 on the first question (which is the darkest grey area), it is suggested to work with chapter 6 first and then move on to chapter 7.

- Once you have done this, highlight the areas you have scored between 5 and 6, and mark them as level 2. In areas that you scored 7 to 8, mark as level 3.
- Work on your level 1 (priority areas) areas of growth and once you have progressed you can move on to level 2 and 3. You can also choose the areas that are easier to work with as a starting point.

How to Track your Progress:

- The first assessment will provide you with a total score.
- The next step is to practice with the tools from Part Two of the book. After practicing the areas that require strengthening, you can redo the assessment, and obtain a new total score. For your convenience, this assessment is also available on www.sashnee.com. Compare your first score to the new score to see your progress. When you feel you have made progress you can repeat this assessment and see the change in your score.
- The higher the score, the more you are progressing in your self-love journey.

Besides the assessment, you can gauge where you are on the self-love scale by reviewing your life, your behaviour and the choices you make.