

## Test

**Time: 10 minutes**

**Objective:** This quick test is crucial to understand your behavioral patterns and the quality of relationships you build with others.

**1. Do you believe you are 'less' than others in some way?**

- a. No, never
- b. Yes, somewhat
- c. Yes, in many ways

**2. Do you worry what other people think of you?**

- a. No, usually
- b. Yes, somewhat
- c. Yes, always

**3. Does criticism agitate you?**

- a. No, this doesn't sound like me
- b. Yes, but not much
- c. Yes, I can't bear with being criticized

**4. Are you nervous around people that who are important to you because you want them to like and accept you?**

- a. No, never
- b. Yes, somewhat
- c. Yes, absolutely

**5. Do you think positively about yourself?**

- a. Rarely
- b. Sometimes
- c. Often

**6. Is eye contact easy for you while you speak to people?**

- a. No, this makes me feel nervous and distracted
- b. Sometimes, it depends
- c. Yes, always

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**7. Do you feel nervous and irritated when speaking to a group of people you don't know?**

- a. Yes, I get overwhelmed
- b. Yes, sometimes
- c. No, it's fine

**8. Are you satisfied with the person you've turned out to be so far?**

- a. No, I feel frustrated
- b. Yes, but barely
- c. Sure

**9. Do you need constant validation from others to feel good about yourself?**

- a. Definitely
- b. At times, yes
- c. No, I feel good about myself anyhow

**10. You think your self-esteem is...?**

- a. Very low
- b. Moderate
- c. Very high

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**Key:**

- If most of your answers were 'c': Your score indicates healthy self-esteem, congratulations!

What to do: Keep up with the way you think about yourself image, others, and the value you add to this world.

- If most of your answers were 'b'; then you have a moderate self-esteem. This means you often struggle while trying to socialize with people, which can contribute to anxious behavior.

What to do: At the very least, you should consider how to make a healthy change so that you can live life less anxiously. The sooner we address our anxiety issues, the better off we are. Making healthy behavioral change now can not only prevent an escalation in anxiety but it can also reverse it and increase your satisfaction with life allowing you and people around you to live a happier and healthier life. You can also consider consulting with a therapist.

- If most of your answers were 'c'; this indicates that you have impairing low self-esteem. Self-esteem at this level generally motivates anxious behavior that causes symptoms and significant lifestyle impairment - Low self-esteem often contributes to anxiety.

What to do: The factors that cause low self-esteem at this level are more complex and can't be resolved on their own. Therefore, it's highly recommended to work with an experienced therapist/coach to resolve your self-esteem issues. Making healthy behavioral change now is vital, because ignoring low self-esteem can cause significant symptoms and lifestyle impairment. The sooner you resolve these types of issues, the better off you'll be.