A WOMAN'S GUIDE TO
ENERGIZING YOUR LOVE LIFE!

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A WORKBOOK-WITHIN-A-BOOK
HANDS-ON WORKSHEETS
CHECKLISTS
SELF-TESTS

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The first is a two-page "Self-Image Exploration." You will be asked to describe how you think and feel about yourself. An awareness of your personal assets will give you a firm foundation on which to build. This, and expressing what you perceive as your liabilities, can help you clarify your self-image.

The assessment is based on the *Self-Image Inventory* by psychologist, D.G. Simmermacher. It is based on an exercise he designed and used in workshops to help people examine or modify their self-image. It begins on the next page and will indicate the level of your self-esteem, how you perceive yourself related to others, and indicate your level of satisfaction with your role in life. This is *not* a diagnostic test; it's *not* a timed test; and it's *not* a psychological test. It's a simple personal inventory for your own self-awareness so you can see and assess what you believe are your strengths and weaknesses.

It will be good for you to examine your responses, because it will give you insight into your self-esteem, your perception of yourself related to others, and the level of satisfaction you have with your life. Personal assets might be that you are a good money manager, healthy and fit, or a creative cook. A liability may be that you sit at home, have no interests, you are too sensitive and take yourself too seriously, are impatient, or controlling. *There are no right or wrong answers, so be as honest and thorough as you can.* No one else will see the result of this exercise.

Circle the number that you feel best fits you. When you have completed the assessment, calculate your answers, and score according to the scale at the end.

*Ready?*

*GO! GO! GO!*

[Hand pointing symbol]
1. Considering my attractiveness, I am:
   (a) very attractive
   (b) fairly attractive
   (c) average
   (d) passable
   (e) unattractive

2. Considering my body-image, I:
   (a) like myself the way I am
   (b) like my sex
   (c) am not sure
   (d) dislike myself
   (e) prefer a different sex

3. I feel happy toward myself:
   (a) all of the time
   (b) most of the time
   (c) some of the time
   (d) hardly ever
   (e) never

4. I consider my personality to be:
   (a) very interesting
   (b) fairly interesting
   (c) average
   (d) passing
   (e) dull

5. I get along with the opposite sex:
   (a) very well
   (b) fairly well
   (c) average
   (d) not very well
   (e) very badly

6. I get along with others:
   (a) extremely well
   (b) fairly well
   (c) well enough
   (d) not very well
   (e) very poorly

7. When I first meet people:
   (a) they like me very much
   (b) they like me well enough
   (c) they feel I am average
   (d) they have no impression
   (e) they dislike me

8. Among strangers, I am:
   (a) very comfortable
   (b) fairly comfortable
   (c) same as usual
   (d) uncomfortable
   (e) very uncomfortable

9. Competing with others:
   (a) I usually win
   (b) I might win
   (c) I sometimes win
   (d) I don't usually win
   (e) I never win

10. I have a need for approval:
    (a) none of the time
     (b) hardly ever
     (c) occasionally
     (d) most of the time
     (e) all of the time
11. I dress:
(a) very well
(b) fairly well
(c) average
(d) don’t care
(e) sloppy

12. Confidence - I have:
(a) much confidence in myself
(b) enough confidence in myself
(c) average confidence in myself
(d) little confidence in myself
(e) no confidence in myself

13. I feel inferior to others:
(a) none of the time
(b) hardly ever
(c) occasionally
(d) most of the time
(e) all of the time

14. I accept compliments with:
(a) no embarrassment
(b) little embarrassment
(c) some embarrassment
(d) occasional embarrassment
(e) constant embarrassment

15. When I walk into a room, I make a:
(a) good impression
(b) fair impression
(c) average impression
(d) no impression
(e) dull impression

16. I have zest for living:
(a) all of the time
(b) most of the time
(c) some of the time
(d) hardly ever
(e) none of the time

17. I admit my shortcomings:
(a) all of the time
(b) most of the time
(c) occasionally
(d) hardly ever
(e) none of the time

18. Considering maturity, I am:
(a) very mature
(b) fairly mature
(c) average
(d) below average
(e) immature

19. I am in control of my life:
(a) all of the time
(b) most of the time
(c) some of the time
(d) very little of the time
(e) none of the time

20. If I could make myself over, I’d be:
(a) exactly as I am
(b) about the same
(c) slightly changed
(d) greatly changed
(e) another person
WHAT DOES YOUR SELF-AWARENESS SCORE MEAN?

Score each question according to these values:

\[
\begin{align*}
a &= +2 \\
b &= +1 \\
c &= 0 \\
d &= -1 \\
e &= -2
\end{align*}
\]

**A score of +29 to +15:**
Yay! Your score suggests a *positive self-image*. When you have a positive self-image, you recognize and own your assets and potentials while being realistic about your liabilities and limitations.

**A score of +14 to 0:**
Good for you! Your score suggests an *acceptable self-image*. You might have some minor issues with your body image, how others perceive you, or your struggle with your own perception of yourself, but basically, you have a realistic self-image and you are comfortable with your personal assets and liabilities.

**A score of -1 to -14:**
Your score suggests a need for some self-image improvement.

**A score of -15 to -29**
Your score suggests self-rejection and feelings of inadequacy.

**A score of -30 to -40**
Your score suggests complete rejection of yourself and an unrealistic self-concept.

**A score of -1 to -40**
If your score falls into the areas of -1 to -40, you need to do some work on your self-concept.
WORKING TOWARD A POSITIVE SELF-IMAGE

You have just taken a self-image inventory. There are lots of other inventories out there. You might want to take another, and compare the results. In the meantime, you can take other steps toward a more realistic view and a more positive outlook on yourself and your life.

More Positive Steps

✓ Take a self-image inventory.

✓ Make a list of your positive qualities (and your perceived negative qualities).

✓ Ask a trusted friend to describe your positive qualities.

✓ Set realistic personal goals and objectives.

✓ Confront self-abusive thinking. (*I suck!* *Really? I suck sometimes, too – we all do!*)

✓ Explore the effects of childhood labels.

✓ Refrain from comparing yourself to others.

✓ Emphasize your strengths.

✓ Learn to love yourself.

✓ Give yourself positive affirmations. (*I look great today!* (*My report totally wowed them!*))

✓ Remember that you are one of kind.

✓ Remember how far you have come.
If low self-esteem is making it difficult for you to have a complete, fulfilled life, and you believe you would benefit from relationship, bereavement, or divorce recovery counseling, get a booster shot by attending a self-esteem workshop, seminar or taking advantage of the counseling services found in nearly every city and town.

I’m going to make this easier for you. Coming up is a worksheet that you can use to list what you view as your strengths and weaknesses (which may not be weaknesses at all).

*Ready?*

*GO! GO! GO!*
What I Perceive As My:

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