

Tafarodi, R. W., & Swann, W. B., Jr., (2001). Two-dimensional self-esteem: Theory and measurement. *Personality and Individual Differences*, 31, 653-673.

SC alpha = .83, SL alpha = .90

The questions below focus on your general thoughts and feelings about yourself. Please indicate how much you agree or disagree with each of these statements, using the scale below. Please be as honest and accurate as possible. Do not skip any questions. Thank you.

1-----2-----3-----4-----5

Strongly
Disagree

Neither Agree
Nor Disagree

Strongly
Agree

1. I tend to devalue myself. _____
2. I am highly effective at the things I do. _____
3. I am very comfortable with myself. _____
4. I am almost always able to accomplish what I try for. _____
5. I am secure in my sense of self-worth. _____
6. It is sometimes unpleasant for me to think about myself. _____
7. I have a negative attitude toward myself. _____
8. At times, I find it difficult to achieve the things that are important to me. _____
9. I feel great about who I am. _____
10. I sometimes deal poorly with challenges. _____
11. I never doubt my personal worth. _____
12. I perform very well at many things. _____
13. I sometimes fail to fulfill my goals. _____
14. I am very talented. _____
15. I do not have enough respect for myself. _____
16. I wish I were more skillful in my activities. _____