

# Your self-worth check

What your result means, and what to do next

Thank you for taking the self-worth check (Rosenberg Self-Esteem Scale). It looks at how you see yourself day to day. Scores run from 0 to 30.

## What your result means

- ◆ **0–14:** you may be quite hard on yourself right now. This is very common, and very workable.
- ◆ **15–25:** your self-worth is in the typical range. The statements you scored lowest on may still be worth exploring.
- ◆ **26–30:** you seem to see yourself in a steady, positive way.

## Why this happens

The voice that criticises us usually isn't ours to begin with. It often echoes things we heard growing up, comparisons we absorbed, or experiences that left us feeling "not enough." Because it's learned, it can change.

## Three things to try this week

- 1 Catch the critic.** When you notice a harsh thought, write it down word for word. Ask: "Would I say this to someone I love?"
- 2 Collect evidence.** Each night, write one thing you did that took effort or care, however small.
- 3 Ask where it started.** Pick your harshest belief and ask, "When did I first learn this?" Notice the memory or person that comes up.

## When to reach out

- ◆ Your score was below 15.
- ◆ Self-criticism is stopping you from going for things you want.
- ◆ You stay in situations or relationships that hurt you because you feel you don't deserve better.

Beliefs like "I'm not enough" are often anchored in specific memories. EMDR can help reprocess those memories so the belief loosens its grip.

## Book your free 30-minute consultation

A relaxed call by phone or video to see if we're a good fit. No pressure to book anything after.

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This self-check is a screening tool, not a diagnosis. Only a qualified health professional can assess you properly.

**In crisis? Call or text 9-8-8 any time, or call 911 in an emergency.**

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