

A P P E N D I X - I

SELF-ESTEEM TOOL

1. I feel my family members are good in every sense.
2. I am not able to accept that I am not clever as much as I should be.
3. I believe in welcoming friends but I do not know how to do it better.
4. My abilities are useless in difficult situations.
5. As I am confident about my decision making power, I do not believe in accepting others suggestions in complicated situations.
6. I believe one should go ahead with courage in difficult situations, instead of being disappointed.
7. I become emotional when I am criticized.
8. I do not think that the faults that my parents see in me I really do not possess.
9. Any work can be done in many different ways, but I do according to my decision making power.
10. I do not like certain people, therefore, I do not mix-up with them.
11. I can withstand being criticized by people.
12. I can not believe people telling me intelligent.
13. I feel I am sensitive.
14. I think I am capable in all respects.

15. Generally I am respected in my family.
16. I can not decide the way out of the problem
17. I feel I am not as intelligent as others, but I am satisfied with whatever intelligence I have.
18. I experience both good and bad in the life. Good experiences makes me happy and bad experiences makes me unhappy.
19. I have close relations with others.
20. I don't care my friends who are criticizing me.
21. I feel I am capable of doing more work with lesser efforts.
22. Sometimes I feel I am not doing any helpful work for my family.
23. I remain excited without any reason at home and I am sure I am not in a position to control it.
24. I have few friends who can help me in my difficulties.
25. Generally after taking a decision I do not bother about the consequences.
26. I have to work very hard to get through my exams.
27. I believe the reason for others criticizing me is usually to show me inferior and lower than others.
28. I have faith in my capacities to face different situations but still I have some unsolved problems.
29. I am aware of almost all incidences happening in my family.
30. I feel I am not genius.

31. I feel decision should be taken only after giving a thought.
32. I feel I must accept right criticism only.
33. Sometimes I feel I am swinging between hope and hopeless conditions.
34. Generally I maintain relations with my old friends.
35. I can face simpler situations but in a complex situation I have a hesitation to face it.
36. Though I have full freedom in my family I can not put forward my problems to my parents.
37. I take a decision to stick to it.
38. I run away from difficulties.
39. I have respect for my own intelligence because in no way it is inferior than others.
40. One should be careful about the people showing excessive friendliness.
41. I can totally control my emotions.
42. I feel I must accept my criticism from known and unknown people sportily.
43. My parents take interest in my activities but I am not satisfied.
44. In spite of knowing that loss of control over temperament in a difficult situation is harmful, I lose the control.
45. In spite of knowing acceptance of right criticism can improve me, I am despair when I listen to the criticism.

- 46. I am capable of understanding my problems well.
- 47. There are certain matters regarding which I am not capable of taking decision, in such conditions suggestions from elders or friends are helpful.
- 48. I have faith in my intelligence to face any situation but still I have to solve many problems.
- 49. Many times I feel people are selfish because they keep relations only when they want something out of it.