



POSITIVE IDENTITY QUIZ



Take the quiz below. Circle YES or NO depending on how you *usually* feel about the statement. Your answers will not be shared with the rest of the class.

YES	NO	1. I can name at least two good things about myself. For example, "I am a good sport." Name them: _____ _____
YES	NO	2. I usually get enough positive (good) attention without showing off or bullying.
YES	NO	3. I can't seem to please anyone, so I usually give up.
YES	NO	4. If I looked better, kids would like me more.
YES	NO	5. When someone in my classroom puts me down, I feel useless.
YES	NO	6. I usually feel I deserve compliment when someone gives me one.
YES	NO	7. Kids in my class like me for myself. I don't need to "fake" it or do anything I don't feel is right in order to please them.
YES	NO	8. When I talk to myself, I usually say, "Hey, I CAN handle this!" when I am facing a new or challenging situation.
YES	NO	9. I usually wait for someone to tell me if I've done a good job.
YES	NO	10. Every time I make a mistake I feel like a total failure.

If you answered YES to questions 1, 2, 6, 7, and 8; and NO to questions 3, 4, 5, 9, and 10, you have a strong positive self image.



Many times, when we feel discouraged, it is helpful to think of times when we felt *really* good about ourselves. The good times remind us that we are not always going to feel discouraged. Think of some times in your life when you "felt like a star"—these can be times that you did something you didn't think you could do, when you had a lot of fun, anything that made you happy. List them below.

Adapted from *Self Esteem & Conflict Solving Activities* by Beth Teolis, The Center for Applied Research in Education, 1996.



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