**ROSENBERG SELF-ESTEEM SCALE (SES) ( savęs vertinimo anketa)**

GENDER**:** AGE**:** DATE**:**

 **Lytis Amžius Data**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Signify your answer by putting the mark (X) on the most suitable option for you which takes place next to the statements . Atsakydami į klausimus atsakymus žymėkite X*** | Labai sutinku | Sutinku | Nesutinku | Labai nesutinku |
| ***1*** | **I feel that I'm a person of worth, at least on an equal plane with others.****Jaučiuosi esnti/s kitų verta asmenybė.** |  |  |  |  |
| ***2*** | **I feel that I have a number of good qualities.****Aš manau,kad turiu daug gerų savybių.** |  |  |  |  |
| ***3*** | **All in all, I am inclined to feel that I am a failure.****Apskritai ,jaučiuosi nevykėlė/is.** |  |  |  |  |
| ***4*** | **I am able to do things as well as most other people.****Galiu atlikti dalykus taip pat gerai kaip ir kiti.** |  |  |  |  |
| ***5*** | **I feel I do not have much to be proud of.****Jaučiu,kad neturiu kuo per daug pasididžiuoti.** |  |  |  |  |