

1. Do you think of yourself as attractive or repulsive?
2. Do you think you have an open personality or a closed one?
3. What kind of a person do you think you are?
4. What do you think other people think about you?
5. How much do you like yourself?
6. Do you feel others love you?
7. Do you accept compliments easily?
8. Do you feel comfortable complimenting others?
9. Are you able to start a conversation with a stranger?
10. Do you say something positive or negative when you look at your face in the mirror?
11. Do you love yourself?
12. Are you shy around people you know well?
13. Is that picture in your mind of you smiling or frowning?
14. Do you get offended easily?
15. Do you use the words "I can't" often?
16. Do you go out of your way to stay hidden?