

Self-Concept Inventory

Write down as many words or phrases as you can to describe yourself in the following areas:

1. **Physical appearance:** *Include descriptions of your height, weight, facial appearance, quality of skin, hair, style of dress, as well as descriptions of specific body areas such as your neck, chest, waist, and legs.*

2. **How you relate to others:** *Include descriptions of your strengths and weaknesses in intimate relationships and in relationships to friends, family, and co-workers, as well as how you relate to strangers in social settings.*

3. **Personality:** *Describe your positive and negative personality traits.*

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4. How other people see you: *Describe the strengths and weaknesses that your friends and family see.*

5. Performance at school or on the job. *Include descriptions of the way you handle the major tasks at work or school.*

6. Performance of the daily tasks of life. *Descriptions could be included in such areas as hygiene, health, maintenance, food preparation, caring for your children, and any other ways you take care of personal or family needs.*

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7. **Mental functioning:** *Include here an assessment of how well you reason and solve problems, your capacity for learning and creativity, your general fund of knowledge, your areas of special knowledge, wisdom you have acquired, insight, and so on.*

8. **Sexuality:** *How do you see and feel about yourself as a sexual person.*

When you are finished with this inventory, go back and put a plus (+) by items that represent strengths or things you like about yourself. Put a minus (-) by the items you consider weaknesses or would like to change about yourself. Don't mark items that are neutral, factual observations about yourself.