

# Self-Concept Scale

**Directions:** Put an X in the box that describes how often each adjective below fits a description of *you*.

	Usually	Sometimes	Never
1. Friendly			
2. Obedient			
3. Honest			
4. Thoughtful			
5. Brave			
6. Careful			
7. Fair			
8. Mean			
9. Lazy			
10. Truthful			
11. Smart			
12. Polite			
13. Clean			
14. Kind			
15. Selfish			
16. Helpful			
17. Creative			
18. Cooperative			
19. Cheerful			
20. Jealous			
21. Sincere			
22. Studious			
23. Loyal			
24. Likeable			
25. Tolerant			
26. Useful			
27. Dependable			
28. Shy			
29. Affectionate			
30. Fun			



I'm usually brave.



I'm never shy.



**What areas would you like to improve? Write about that on the back of this page.**