SLCS

Self-Liking and Self-Competence Scale (SLCS)

The Self-Liking and Self-Competence Scale (SLCS) measures two distinct dimensions of self-esteem: the sense of personal worth (self-liking) and the perception of one's own competence (self-competence). This questionnaire helps differentiate the affective and cognitive aspects of self-esteem and can be useful in clinical assessment, research, or therapeutic follow-up with adolescents and adults.

Number of questions	16 questions
Estimated duration	5 minutes
Language	English
Original name	Self-Liking and Self-Competence Scale
Target audience	Adolescents, adults
Authors	Romin W. Tafarodi, William B. Swann (1995)
Category	Self-esteem

Preview of the 16 questions

I tend to devalue myself.

Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree

I am highly effective at the things I do.

Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree

I am very comfortable with myself.

Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree

I am almost always able to accomplish what I try for.

Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree

I am secure in my sense of self-worth.

Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree

Scoring & interpretation

Responses are rated on a 5-point Likert scale (from “Strongly disagree” to “Strongly agree”). Scores are summed to obtain two subscales: “self-liking” and “self-competence” (8 items each). A high score indicates strong self-liking or self-competence, depending on the subscale.