

How Self Confident Are You?

by Amy Scholten, MPH

Self-confidence is belief in yourself and your abilities. It helps you manage your fears, maintain a positive mental attitude and achieve goals. This assessment is designed to help you gauge your general level of self-confidence. Please keep in mind that it is not a diagnostic tool. If you have concerns about your self-confidence, please see a mental health care provider.

Directions: please read each question carefully and choose the answer that best describes how you feel. When finished, interpret your score at the bottom of the page.

1. I'm relatively comfortable and at ease in dealing with new situations.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

2. I can talk about at least 3 of my top strengths without hesitation.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

3. If I'm presented with a problem, I'll find the answer, even if it's difficult.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

4. I believe that I can achieve my goals, as long as I work hard.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

5. When I face difficulty, I stay positive and determined – I don't give up easily.

- a) Rarely or never
- b) Sometimes

- c) Often
- d) Very often

6. I do what I think is right rather than what is expected of me.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

7. I feel proud of the things I accomplish, even if nobody else acknowledges me.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

8. I can handle criticism.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

9. I look for opportunities to learn new things and take on challenges.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

10. I am independent though I can ask for help when I need it.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

11. I feel that I have many strengths.

- a) Rarely or never
- b) Sometimes
- c) Often

d) Very often

12. I feel comfortable and at ease when I meet new people.

- a) Rarely or never
- b) Sometimes
- c) Often
- d) Very often

Scoring

Number of a, b, and c Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, c, and d answers by their corresponding point value)
Number a answers:	All a answers = 0 points	
Number of b answers:	All b answers = 1 points	
Number of c answers:	All c answers = 3 points	
Number of d answers	All d answers = 5 points	
		Score (add total of a, b, c and d points):

Your Score	Interpretation
0-11	Your score suggests that your self-confidence is low. Instead of recognizing your strengths, you may be focused on what you don't have. You could benefit from seeking counseling for issues that interfere with your self-confidence.
12-43	Your score suggests that you have a medium level of self-confidence. You recognize at least some of your abilities but may be a little too hard on yourself. Consider seeking resources such as books, a personal coach, or counseling that can help you further increase your self-confidence.

44-60	Your score suggests that you're doing a great job of overcoming obstacles and maintaining a high level of self-confidence. Keep nurturing your self-confidence through learning and personal growth activities.
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Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.