

## What Situations Weaken Your Self-confidence?

by Amy Scholten, M.P.H.

Self-confidence is an important part of happiness and success in life. You may find that you have adequate self-confidence in certain aspects of your life but not so much in others. This assessment is designed to help you determine specific situations where you feel inhibited and lacking in confidence.

Directions: Please select any statement that is true for you and add your score in each category. When finished, you can compare and interpret your scores at the bottom of the page.

### A) Types of People

I feel inhibited or lacking in confidence when I interact with the following people:

My parents \_\_\_\_

My siblings \_\_\_\_

People that I'm attracted to \_\_\_\_

Bosses, doctors, police, ministers or other people in positions of authority \_\_\_\_

Coworkers \_\_\_\_

Strangers \_\_\_\_

Total Number of Points for SECTION A (1 point per statement): \_\_\_\_

### B) Social Ranking

I feel inhibited or lacking in confidence in the following situations:

When I'm with someone who is socially more confident or more popular \_\_\_\_

When I'm with someone who is more attractive than I am \_\_\_\_

When I'm with someone who has more money than I have \_\_\_\_

When I am with someone who is better educated than I am \_\_\_\_\_

When I'm with someone who is more accomplished than I am or who has a higher level position than I have \_\_\_\_

When I'm with someone who is smarter than I am \_\_\_\_\_

**Total Number of Points for SECTION B (1 point per statement):** \_\_\_\_\_

### **C) Appearance**

**I feel inhibited or lacking in confidence about the following aspects of my appearance:**

My weight \_\_\_\_ |

My hair \_\_\_\_

My facial features (eyes, nose, ears, chin, etc.) \_\_\_\_

My height \_\_\_\_

The size/shape of my stomach, thighs or rear \_\_\_\_

My clothing \_\_\_\_

**Total Number of Points for SECTION C (1 point per statement):** \_\_\_\_\_

### **D) Criticism**

**I feel inhibited or lacking in confidence when I feel that someone is being critical of my:**

Work performance \_\_\_\_

Appearance \_\_\_\_

Beliefs \_\_\_\_

Intelligence \_\_\_\_

Personality \_\_\_\_

Partner, family or friends \_\_\_\_

**Total Number of Points for SECTION D (1 point per statement):** \_\_\_\_

### **E) Performance**

**I feel inhibited or lacking in confidence in the following situations:**

Sexual performance \_\_\_\_

Public speaking \_\_\_\_

Job performance \_\_\_\_

When someone is watching me do something \_\_\_\_

Exercising or athletic performance \_\_\_\_

Interviewing for a job \_\_\_\_

**Total Number of Points for SECTION E (1 point per statement):** \_\_\_\_

## Scoring

<b>A) Interpersonal Self-Confidence</b> – Your level of confidence when interacting with people	Score (from above): _____
<b>B) Social Ranking</b> – Your level of confidence in your perceived social rank	Score (from above): _____
<b>C) Appearance</b> – Your level of confidence in your appearance	Score (from above): _____
<b>D) Criticism</b> – Your level of confidence when you receive criticism	Score (from above): _____
<b>E) Performance</b> – Your level of confidence in your performance	Score (from above): _____

## Scoring

Calculate your individual scores in each section, A through E. Then compare your scores among sections to see what situations inhibit you the most. High scores in 3 or more sections suggest that you need help with your general self-confidence.

1-3 points:                      You have a low to moderate level of inhibition  
4-6 points:                      You have a high level of inhibition

**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.

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