Self-Confidence Test

Instructions

Complete each sentence below by selecting one of the four options. Your answers should reflect how you are currently feeling related to your self-confidence.

1. When it comes to achievement and success, I am

   a. Mostly confident in my capacity for success and expect good outcomes.
   b. Confident in some areas of work and life, but have doubts in several others.
   c. Just confident enough to maintain the status quo, but not capable of making my life or career much better.
   d. Lacking confidence in most of my abilities and feel very limited in my capacity for success.

2. In social interactions, I feel

   a. Completely confident walking into a room full of new people and conversing easily.
   b. Slightly uncomfortable meeting new people but force my way through it.
   c. Very uncomfortable in new social situations and try to stay invisible.
   d. So uncomfortable that I avoid these situations entirely.

3. Compared to other people I know, I

   a. Am just as intelligent and successful as most people I know.
   b. Probably could be as smart and successful if I felt surer of myself.
c. Am less successful and capable than most people I know.
d. Am the least intelligent and successful of my peers and family.

4. At work or in social situations, I

a. Often take initiative and share my thoughts and ideas easily.
b. Sometimes take initiative and share ideas, but only if I feel pretty sure I’ll be accepted.
c. Rarely take initiative or share my thoughts and ideas.
d. Almost never take initiative or share my thoughts and ideas. I feel too nervous.

5. Generally I feel

a. Good about myself and relaxed and at ease with who I am.
b. OK with who I am, but sometimes insecure and anxious.
c. Mostly uncomfortable about myself and often insecure and anxious.
d. Negative and unhappy about myself and almost always insecure and anxious.

6. When it comes to my appearance and body image, I am

a. Happy with how I look and how others perceive my appearance.
b. Mostly satisfied with my appearance, but have areas of my body and face that I dislike and that others find unattractive.
c. Not very attractive and feel very unhappy about my appearance and body.
d. Deeply unhappy about my appearance and feel shame and judgment from others.

7. When it comes to trying new things or taking risks, I am

a. Almost always willing to give it a try and don’t worry much if it doesn’t work out.
b. Willing to try if I feel secure about the potential outcome and the risk of failure is very small.
c. Rarely willing to try new things or take risks.
d. Never willing to try new things or take risks.

8. When making big decisions or solving problems, I will

a. Always rely on my own judgment, intuition, and skills, knowing I’m as capable as anyone else.
b. Sometimes seek reinforcement or input from others, as I don’t completely trust my own judgment.
c. Go to others first for ideas and input, and follow their advice even if it goes against my own judgment.
d. Always seek the direction of others because they know the answers better than I do.

9. When I have negative, limiting thoughts about myself, I

a. Can easily dismiss them and move on with confidence, knowing that past mistakes, problems, or failures don’t define me.
b. Sometimes believe the thoughts and beliefs and feel bad about myself for a time, but eventually let them go.
c. Feel trapped by them quite frequently and feel unmotivated and depressed.
d. Accept those thoughts as the truth about who I am, and nearly always feel unmotivated and depressed.

10. In my close relationships with my spouse, partner, and family, I feel

a. Lovable, likeable, and secure about myself and the relationship.
b. Mostly secure and likeable but sometimes insecure in the relationship.
c. Worried much of the time that I’m not good enough or lovable.
d. Always insecure and worried about rejection.
Scoring

Calculate a self-confidence score by giving yourself
4 points for every (a) answer;
3 points for every (b) answer;
2 points for every (c) answer; and
1 point for every (d) answer.

Results

If you scored between 34-40 . . .

You have an average to high degree of self-confidence. You feel good about yourself and about your intelligence and ability to succeed. You feel optimistic about the future. You are comfortable in social settings and when meeting new people.

You have a healthy attitude about your appearance, and you are able to take risks and move past life difficulties without much trouble. You have strong, positive relationships and generally feel comfortable in your own skin.

Look at any areas where you answered with b, c, or d responses. These are specific areas where you can work on your confidence to build on your success and stretch yourself further.

If you scored between 26-33

You have a moderate degree of self-confidence. There are some areas where you feel capable and self-assured, but other areas where you are lacking confidence. These weak areas can begin to undermine your
confidence in all areas if you don’t acknowledge them and work to improve your confidence.

If your low confidence scores relate to your ability to be successful, begin by examining why you doubt yourself and your abilities. What triggering event or events undermined your confidence? Are those events still relevant? What skills do you need to improve to feel more confident?

If you have difficulty with social interactions, identify why you feel uncomfortable in social settings or in your relationships. How can you challenge yourself in small ways to strengthen your communication skills and your comfort level around others?

Examine all of the areas where you answered with b, c, or d responses. Pick the area that is causing you the most difficulty and begin focusing your energy there. Take small steps to improve your confidence in these areas, and then move on to the next area.

**If your score was between 16-25**

You have a low degree of self-confidence. More often than not, you don’t feel confident in who you are, your interpersonal skills, or your ability to be successful. You may have some areas of self-confidence, but they are overshadowed by your lack of confidence in other areas. Your low confidence is holding you back from opportunities and relationships that could be life-changing.

The longer you leave these confidence issues unaddressed, the more they will impact your overall self-esteem as your feelings of worthiness sink lower and lower. And low self-esteem can turn into debilitating mental health issues like depression and anxiety.

You need to get serious about your confidence so you have the inner strength to achieve your dreams, have great relationships, and feel happy
about yourself. You may need the support of a coach or counselor as you
determine the triggers and causes for your low self-confidence and begin
the work to turn it around. You can be confident once you learn the skills
and begin to practice them.

**Below 15**

You have very low self-confidence. In fact, your self-esteem is likely
very low as well. When you don’t feel good about yourself, your
appearance, and your capacity for success, you’re trapped in a vicious
cycle that locks you in despair, negativity and fear.

If you’re feeling depressed or anxious about your lack of confidence and
low self-esteem, and you’ve been feeling this way for more than 2
weeks, it’s time to seek help from a professional counselor or your
doctor. Don’t allow your depression to go untreated.

As you begin to address the issues underneath the depression and self-
esteeem problems, you’ll get stronger and more motivated to take action
on your self-confidence. In fact, some of the work in building your
confidence can improve your feelings of self-worth. The more confident
actions you take, the better you’ll begin to feel about yourself. Just
learning the skills needed to improve your confidence can give you a
sense of purpose that lifts your spirits and supports your mental health.

**Simple Self-Confidence**

If you’re ready to improve your self-confidence so you can . . .

- Accomplish your goals and dreams to achieve success
- Earn more money and live a better lifestyle
Feel comfortable around other people Have amazing relationships
Speak up and share your ideas with others
Feel comfortable and happy in your own skin

Then we invite you to join us for The Simple Self-Confidence Course.

In just 30 days, you’ll learn all the skills you’ll need for a lifetime of self-confidence!

Questions about the course? Contact us at info@simpleselfconfidence.com

Please share our Confidence Test. Click the social media buttons below to spread the word.