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SELF – CONFIDENCE EVALUATION [1]

Please indicate your level of comfort in each of the following scenarios, by checking:

Number 1, I don't feel comfortable at all

Number 2, I feel reasonably comfortable

Number 3, I feel very comfortable

Keep in mind that the following statements can be used to characterize a trend or a slope rather than an unchanging reality.

I feel comfortable talking and asking questions in any meeting I attend	
I make comments when interrupted	
I speak my mind openly to my employer	
I walk in and out of a room full of people	
I peak in front of an audience	
I pause in front of an audience	
I maintain eye contact during a conversation	
I compete and use my abilities without labelling or characterising myself	
I ask for what I expect to be given when I see that it is delayed	
I do not justify myself when I have to apologise for something	
I return borrowed objects without apologising	
I take a compliment and return itI take a compliment and reciprocate it	
I accept a rejectionI accept a refusal	
When not getting a consent from someone	
I always discuss and criticize in front of the person I am commenting on	
I can tell someone that they are bothering me	
I refuse to return a favor when not wishing to do so	

[1] By VTC MEK SA

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I feel comfortable talking and asking questions in any meeting I attend	
I make comments when interrupted	
I speak my mind openly to my employer	
I walk in and out of a room full of people	
I easily decline a meeting invitation	
I easily tell someone that I think they are trying to take advantage of me	
I express my anger easily	
I disagree with someone easily	
I respond with humor when someone tries to make me feel bad	
I talk with humor about mistakes I've made	

SCORING

If the score is above 55 then there is great comfort and confidence.

If the score is between 46 and 55 then there is reasonable confidence and work is needed to improve the low scores.

If the score is between 36 and 45 then the confidence is moderate.

If the score is between 26 and 35 then a definite improvement in self-affirmation techniques is needed.

If the score falls below 26 then the lack of self-affirmation may be due to stress affecting you significantly.

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