

The Self-Confidence Assessment

How Self-Confident Are You?

From the quietly confident doctor whose advice we rely on, to the charismatic confidence of an inspiring speaker, self-confident people have qualities that everyone admires.

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. Confident people inspire confidence in others: their audience, their peers, their bosses, their customers, and their friends. And gaining the confidence of others is one of the key ways in which a self-confident person finds success.

The good news is that self-confidence really can be learned and built on. And, whether you're working on your own confidence or building the confidence of people around you, it's well-worth the effort!

Your level of self-confidence can show in many ways: your behavior, your body language, how you speak, what you say, and so on. Whether someone demonstrates self-confidence by being decisive, trying new things, or staying in control when things get difficult, a person with high self-confidence seems to live life with passion and enthusiasm. Other people tend to trust and respect these confident individuals, which helps them build even more self-confidence – and so the cycle continues.

However, it's not always easy to initiate that cycle. So, where do you begin?

A good place to start is to look at how effective you believe you are in handling and performing specific tasks. This is termed 'self-efficacy,' and it plays an important part in determining your general levels of self-confidence.

If people have high self-efficacy in an area, then they think, feel, and behave in a way that contributes to and reinforces their success, and improves their personal satisfaction. They're more likely to view obstacles as challenges to overcome, so they aren't afraid to face new things. They recover quickly from setbacks, because they view failure more as a result of external circumstances than internal weaknesses. In general, believing in your abilities affects your motivation, your choices, your toughness, and your determination.

Therefore, self-confidence – by way of self-efficacy – often affects how well you perform, and how satisfied you are with the choices you make. This is why it's important to understand your current level of self-efficacy, particularly in the context of your belief in your ability to perform in a variety of situations. In so doing, you will be able to identify areas where you can improve, and make a plan to do so.

27. I do not have difficulty admitting my mistakes, and learning from them.	
28. I do not cover up mistakes and do not try to fix the problem before anyone notices.	
29. I do not wait for others to congratulate me on my accomplishments.	
30. I do not extol my own virtues as often as possible to as many people as possible.	
31. I accept compliments graciously. "Thanks, I really worked hard on that prospectus. I'm pleased you recognize my efforts."	
32. I do not dismiss compliments offhandedly. "Oh that prospectus was nothing really, anyone could have done it."	
33. I am often confident about my own decisions.	
34. I fully accept every part of myself including my flaws, fears, behaviors, and qualities I might not be too proud of. I am a worthy and capable person.	
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TOTAL SCORE	

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.