

Quiz - Am I Confident?

Instructions:

Answer the following questions honestly by selecting the option that best describes your feelings or behaviors. At the end of the quiz, tally up your scores to determine your confidence level.

Questions:

Question 1: How do you usually feel when meeting new people?

- A. Extremely confident
- B. Confident, but with some nervousness
- C. Neutral
- D. Somewhat insecure
- E. Very insecure

Question 2: How often do you speak up in group settings or meetings?

- A. Always contribute my ideas without hesitation
- B. Often, but sometimes I hesitate
- C. Occasionally
- D. Rarely
- E. Never

Question 3: When faced with a challenge, how do you typically react?

- A. Embrace it with enthusiasm
- B. Approach it cautiously but with determination
- C. Stay neutral and assess the situation
- D. Feel uneasy and hesitant
- E. Never

Question 4: How do you handle compliments?

- A. Accept them graciously and feel proud
- B. Appreciate them but may downplay my achievements
- C. Feel neutral, not affected by compliments
- D. Feel a bit uncomfortable and unsure how to respond
- E. Dismiss or reject compliments, feeling unworthy

Question 5: In social situations, how comfortable are you initiating conversations?

- A. Extremely comfortable, always the one to start conversations
- B. Comfortable, but I wait for the right moment
- C. Neutral, I join conversations when invited
- D. Uncomfortable, I prefer others to initiate
- E. Extremely uncomfortable, I rarely initiate conversations

Scoring/Results:

Scoring	Results
A = 5 points	25-21 points: Extremely Confident
B = 4 points	20-16 points: Confident
C = 3 points	15-11 points: Neutral
D = 2 points	10-6 points: Somewhat Insecure
E = 1 point	5-1 points: Very Insecure

Your Score: _____