

Self-Confidence Rating

Use the following scale to rate your self-confidence for each statement.

1 = Strongly Disagree, 2 = Disagree, 3 = Neither Agree nor Disagree, 4 = Agree, 5 = Strongly Agree

	Rate	Adj
1) You give up easily.	<input type="text"/>	<input type="text"/>
2) You avoid facing difficulties.	<input type="text"/>	<input type="text"/>
3) You give up on things before completing them.	<input type="text"/>	<input type="text"/>
4) You feel insecure about your ability to do things.	<input type="text"/>	<input type="text"/>
5) If something looks too complicated, you won't bother trying.	<input type="text"/>	<input type="text"/>
6) You don't handle unexpected problems well when they occur.	<input type="text"/>	<input type="text"/>
7) You avoid learning new things if they look too difficult for you.	<input type="text"/>	<input type="text"/>
8) When you set important goals for yourself, you rarely achieve them.	<input type="text"/>	<input type="text"/>
9) When trying to learn something new, you give up if you're not initially successful.	<input type="text"/>	<input type="text"/>
10) When you have something unpleasant to do, you stick to it until you complete it.	<input type="text"/>	<input type="text"/>
11) If you can't perform a task the first time, you keep trying until you can.	<input type="text"/>	<input type="text"/>
12) When you make plans, you are certain you can execute them.	<input type="text"/>	<input type="text"/>
13) When you decide to do something, you work on it right away.	<input type="text"/>	<input type="text"/>
14) Failure makes you try harder.	<input type="text"/>	<input type="text"/>
15) You are self-reliant.	<input type="text"/>	<input type="text"/>
	Total	<div></div>

Scoring

- Subtract each of your scores for questions 1-9 from the number 6.
- Using the adjusted scores, find the sum for all 15 questions then divide by 15.
- Your score may range from 1 to 5; the higher your score, the higher your general confidence.

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>