

HOW SELF CONFIDENT ARE YOU?

WHAT YOUR SCORE MEANS

0-10

You're certainly 'not backward in coming forward' and you have a tendency to be over-confident at times. Generally speaking, you get on very well with people as long as you remain sensitive to their needs.

11-20

Yours is the typical human condition. Sometimes you can be quite pushy and outgoing, and at other times rather reticent. And even if you're occasionally a little self-conscious, it's probably a lot more attractive to other people than you realise.

21-30

You seem to worry too much about what other people think of you. In reality, they're probably just as shy as you are and there's no justification for your concern. Instead of concentrating on the impression you're making, try to get outside of yourself by thinking more about the other people you meet, and what their problems might be.

Some words and expressions used in the Quiz. Look up the ones you don't know

Loss for words

Witty

Blushing

Kick yourself

Eye-contact

Cracking

Turn to

Tendency

Pushy

Reticent

Shy



